WINNIPEG metro®
NEWS WORTH SHARING.

STARTS TODAY!

redriverex.com

THE Ex

Experience us again

June 14 to 23, 2013

NOW THRU SATURDAY ONLY!

WHEEL$ OF FORTUNE

RIVER CITY FORD

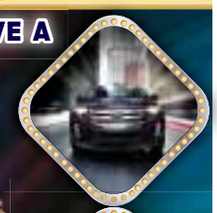
3636 Portage Avenue • Winnipeg, MB • 204.837.3636

WITH EVERY PRE-OWNED VEHICLE PURCHASE YOU WILL RECEIVE A

YOUR CHOICE!

BBQ GRILL(6) OR

UP TO $500 CASH(6)



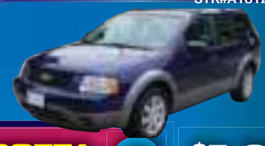
SAVE A FORTUNE ON THE BEST WHEELS AROUND!

NOW THRU SATURDAY ONLY!

'09 MITSUBISHI GALANT ES
STK# 601147P

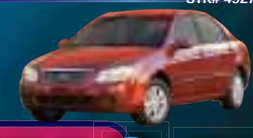
$69(5) OR $6,709

'05 FORD FREESTYLE LTD. AWD
STK#A18124P



GOTTA GO DEAL! OR $7,978

'08 KIA SPECTRA
STK# 492717T



$89(5) OR $8,886

'09 CHEVROLET HHR LS
STK#584355T

$95(5) OR $9,522

'07 FORD FREESTAR SPORT
STK# A14004T

$98(5) OR $8,479

'08 FORD F150 CREWCAB 4X4
STK# B04298T

$99(5) OR $9,999

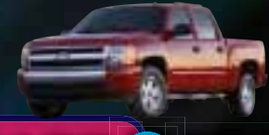
'08 FORD ESCAPE XLT 4X4
STK# KA79604T

$105(5) OR $10,400

'08 DODGE GRAND CARAVAN SE
STK# 715228RP

$115(5) OR $11,650

'07 CHEVROLET SILVERADO 1500 LTZ 4x4
STK#602819T



$139(5) OR $11,700

PRE-OWNED FINANCING FROM 3.99%(1)

NO MONEY DOWN AVAILABLE(1)

NO PAYMENTS FOR UP TO 90 DAYS(1)

VEHICLES STARTING UNDER $7,000

PAYMENTS AS LOW AS $35WK(2)

WE WILL BEAT ANY COMPETITORS OFFER!(3)

BEAT THE DEALER $100 GUARANTEE

All images are for display purposes only. No two offers can be combined. One offer per customer only, limit two vehicles per household. At time of printing all vehicles were available. Vehicles may not be exactly as shown. Dealer retains all rebates, discounts, and incentives in order to achieve prices and payments shown in this flyer. All dealer rebates, discounts, factory incentives, prices and interest rates subject to change or end without notice as new Retail Incentive Programs are announced. Vehicle offers end Saturday, June 15, 2013. Contest begins Monday, June 3, 2013 and ends Saturday, June 15, 2013 at 6pm. No invitation/flyer and/or direct mail piece presented after this time will be valid. *For full contest rules and regulation, come to River City Ford, 3636 Portage Avenue, Winnipeg, MB. (1) On select models, on approved credit (OAC). (2) Payments as low as $35 weekly: Example 2009 Mitsubishi Galant ES, Stk#601147P, Sales Price: $6,709, $69 Biweekly/$34.50 Weekly, based using $3,000 down or equivalent cash trade in value, using 3.99% APR, on approved credit (OAC). Prices and payments do not include dealer installed options. Prices are plus applicable taxes. (3) We will beat any written and accepted PURCHASE offer signed from a Ford or other franchise dealer. Quote must have a VIN and stock number and be compared to a same model equipped with same equipment and accessories, valid on in-stock vehicles only. Certain conditions may apply. Customer is responsible for all taxes, and all registration according to the rules of dealership and the Canada Revenue Service. OR We will beat any written and accepted TRADE offer signed from a franchise dealer. Quote must have a VIN. Vehicle value to be determined by dealer. Minus reconditioning cost and/or excessive kilometers. Certain conditions may apply. Any negative amount will be applied toward purchase of sale vehicle, on approved credit. Trade-in vehicle must be within Canadian Black Book guidelines. Current market conditions apply. If offer cannot be beaten, customer will receive up to $100. Customer is responsible for all taxes, fees, and all registration according to the rules of dealership and the Canada Revenue Service. Available on select units, see dealer for details. (4) Equity requirements may apply. All applications accepted from customers who are currently employed full-time with a minimum monthly income of $1,900. Vehicle payment total with current monthly payments must not exceed 50% of gross income. Must provide any documents requested by lender. Bankruptcies must be discharged. Additional down payment of up to 90% of retail value may be required. Must fit lender criteria. See dealer for complete details. (5) VEHICLES MAY NOT BE EXACTLY AS ILLUSTRATED. All pricing and biweekly payments are based using $3,000 down or equivalent cash trade in value, using 3.99% APR, on approved credit (OAC). Prices and payments do not include dealer installed options. Photos for illustration purposes only. Prices are plus applicable taxes. See dealer for details. (6) Choice of free BBQ or up to $500 cash back in our "Wind Tunnel" when you purchase any pre-owned vehicle. See dealer for complete details. Although every precaution is taken, errors in price and/or specifications may occur in print. We reserve the right to correct any such errors without prejudice or penalty to ourselves. We are not responsible for typographical errors, nor are we responsible for late receipt of mail. Contact dealerships knowledgeable and professional sales consultants for more information. DL#4218

WINNIPEG metro®

NEWS WORTH SHARING.

FORD CHEVROLET DODGE GMC
CHRYSLER KIA TOYOTA CADILLAC
NEED A CAR
NEED FINANCING
NEED A GREAT DEAL
Apply online @ 1-877-796-0505
AutoMallFinance.com
NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT
100'S OF VEHICLES AT SALE PRICES!
IF YOU CALLED US YESTERDAY YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

AIR CONDITIONING
1.5 TON 13 SEER
$2,699* INSTALLED!
MAY ONLY WE PAY THE PST & GST
CALL NOW TO SEE IF THIS UNIT IS RIGHT FOR YOUR HOME!
ONTIME Electric · Plumbing · Heat & Air 635 Ferry Rd. www.ontimegroup.ca
*Plus applicable taxes. Air conditioner may not be exactly as shown. Some conditions apply.
It's time to call 204-774-1474

WHAT IF WE CUT IT DOWN TO JUST 8 PATTIES? NO?
BRANDON WENDY'S STOPS SELLING 3,000 CALORIE BURGER 'FOR OBVIOUS REASONS' PAGE 8

University of Manitoba biology professor Kevin Campbell is part of an international team of scientists who have discovered how diving mammals evolved the ability to hold their breath for long periods of time underwater. SHANE GIBSON/METRO

Elephants were aquatic long ago, U of M prof says

But they never truly forget. Research shows modern swimming skill a holdover from the past

SHANE GIBSON
shane.gibson@metronews.ca

A University of Manitoba biology professor is part of an international team of scientists that have discovered how diving mammals have evolved to be able to stay underwater for long periods without breathing — and the findings are changing how we see land mammals, too.

The team's more than six years of work, published Thursday in the journal Science, has found that the ancestors of modern day elephants were actually aquatic.

"We don't usually think of elephants as being diving mammals, but they're actually still very good swimmers," said professor Kevin Campbell, who did the research along with U of M PhD student Anthony Signore and a handful of experts from other universities.

"Just based on letters of an elephant and mole's protein, we have completely independent evidence of aquatic pasts."

The researchers made their breakthrough by identifying a unique molecular signature in the oxygen-binding protein myoglobin that exists in all diving mammals, from water shrews to blue whales. It's not only allowed them to trace the evolution of diving capacity in living animals, but also in the DNA of long extinct creatures.

"We can actually trace myoglobin evolution over 220 million years of mammalian evolution," explained Campbell. "It's pretty wild stuff."

The research may help improve our understanding of human diseases that tie into protein aggregation, such as Alzheimer's, and Campbell said further research could lead to vast improvements in industrial protein production of drugs like Insulin.

"I think we have an awful lot to learn from natural processes," he said.

Challenge accepted

The best mammalian divers can hold their breath underwater for well over an hour, more than thirty times longer than humans.

Loved Ones deserve only the best
VOYAGE FUNERAL HOME & CREMATORIUM
FAMILY OWNED & OPERATED
If you were to die today, who would follow through with your final wishes?
Preplan today for peace of mind tomorrow.
220 Hespeler Ave. 204-668-3151
1577 Pembina Hwy. 204-284-7500
1073 St.Mary's Rd. 204-284-7500

Don't miss out

Believe your eyes.

Smartphones starting from $0.

BlackBerry® Z10	Samsung Galaxy S III™	HTC One™
$49 $650 no term	$0 $650 no term	$99 $650 no term

On a 3 year term with a $50 monthly spend before tax.

Pair your new smartphone with our
Unlimited Nationwide Talk with Data Share Plan.

For only $60/month*, you'll enjoy:

- Unlimited Nationwide Talk & Text†
- Up to 5 GB of shareable data‡
- Call Display and Voice Mail

Learn more at
telusmobility.com/hotphones

TELUS
the future is friendly®

For more details on these great offers, visit your TELUS authorized dealer or retailer, or call 1-866-264-2966.

BEST BUY · BLACK'S · FUTURE SHOP · THE MOBILE SHOP · LONDON DRUGS

TELUS STORES & AUTHORIZED DEALERS

Winnipeg
Garden City Shopping Centre
Kenaston Power Centre
Kildonan Place
Polo Park
Portage Place Shopping Centre
St. Vital Centre
1225 St. Mary's Rd
3653 Portage Ave

Brandon
Shoppers Mall

Plans are available with activations and renewals, and not as a rate plan change. As a result of the plans having shareable data, data notifications will not work on these plans. *Prices are subject to change without notice. Pricing and availability may vary. Taxes, international long distance, additional airtime, roaming and pay-per-use charges are extra. Data used while roaming in the US is charged at $5/MB. Data used while roaming outside Canada and the US may vary by zone. Voice used while roaming in the US is charged at a rate of $1.50/minute. Voice used while roaming outside of Canada and the US varies by country. †Premium and subscription messages are not included. An additional 15¢ charge will apply for each text message or attachment sent outside of Canada and the US. Text messages sent or received while roaming internationally will be charged at 60¢/message. ‡Additional usage beyond the individual data included in promotional plans or the total shared data in Unlimited Talk & Family Share plans will be charged at 2¢/MB. Cannot be combined with any additional data add-on. Tethering included. Additional data is charged by the MB and is rounded up to the closest KB (1 GB = 1,024 MB; 1 MB = 1,024 KB). Data usage is subject to a monthly overage limit of 10 GB. Only smartphones on rate plans that include shareable data may share data with other subscribers on the same account. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2013 TELUS.

Life sentence for woman in deadly rooming-house fire

Five killed in 2011 incident. 'Selfish' crime started as act of revenge directed at boyfriend's mother

A woman who set a rooming house on fire and killed five people has been given a life sentence with no chance of parole for at least five years.

Lulonda Flett, 41, had pleaded guilty to manslaughter and arson for a deadly blaze that was prompted by anger at her boyfriend's mother.

"One cannot overstate the gravity of these offences," Court of Queen's Bench Justice Deborah McCawley said Thursday.

She called the crime a "selfish, deliberate and reckless act."

Court was told Flett was on probation in July 2011 and had just been released from jail three days earlier for assaulting her boyfriend. She decided to take revenge and set fire to a couch on the porch of the two-storey Winnipeg rooming house where her boyfriend's mother lived, because the mother had called police about the assault.

The fire spread quickly, killing five people inside and injuring others. Her boyfriend's mother was among those who managed to escape.

"I accept that (Flett) did not mean to harm anyone, but simply wanted to scare them," McCawley said.

"However, she was not incapable of appreciating that something bad could happen as a result of setting the fire."

McCawley's sentence for Flett was actually life in prison with no chance of parole for seven years, but the judge gave Flett two years of credit for time already served.

Flett is also banned for life from possessing weapons.

THE CANADIAN PRESS

Investigators comb the debris left behind after a fire that left five people dead. METRO FILE

'Toilet Squirrel' could have got in through pipes: City

'Toilet Squirrel' rests after being scooped out of a St. James toilet.
CONTRIBUTED/ANGELA CAMPBELL

Only the now-famous St. James squirrel knows how it ended up in Angela Campbell's toilet early Wednesday morning, but the City of Winnipeg confirmed it could have gone up the internal plumbing.

City spokesperson Tammy Melesko said the street on which Campbell and her partner live is in a combined sewer district, which means a single pipe collects and carries both sewage and surface runoff from rainstorms and snow melt to the sewage treatment plant.

"The street drainage catch basins (curb inlets) are connected to the combined sewer that services homes in the area, so there is a direct pathway from the street into a home," said Melesko in an email to Metro.

"It is possible that a squirrel, being a rodent, could find its way through a curb inlet, into the sewer, up a four-inch home sewer service, through the internal plumbing and into a toilet."

Melesko clarified that this would not be a result of or connected in any way to drinking water pipes or the city's water-main cleaning program.

Campbell, who was able to get the squirrel out of her toilet with barbecue tongs, clean it and then release it outside, said the city's water and waste department is currently doing repair work on her street and thought the critter may have gotten in through a pipe.

As for Toilet Squirrel, it has become a Winnipeg celebrity, with its own Twitter account (@toiletsquirrel) and several media outlets vying for interviews with its rescuer Campbell on Thursday.

BERNICE PONTANILLA/METRO

Royal Fork Buffet
$2.00 OFF
REGULAR LUNCH OR DINNER
NOW WITH •SUSHI •BUBBLE TEA •CHINESE FOOD
June Seafood Special
MONDAY & WEDNESDAY DINNERS
(204) 668-1960 Unit 900-1615 Regent Ave. W www.royalforkwinnipeg.com

5 ideas for a better pigskin party

Yes, there are problems at the new home of our Winnipeg Blue Bombers, Investors Group Field. However, being the frugal citizens that we are, we cannot simply drop several cases of dynamite in it. Having been to large sporting events, such as the 2010 World Cup in South Africa, I humbly offer this advice:

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

1

ALL PHOTOS: BERNICE PONTANILLA/METRO

Traffic

The park-and-rides set up by Winnipeg Transit seemed to work well, until the buses started backing up at University Crescent, one of only two main routes to get to the stadium. My solution: Make all four lanes one-way going in for one or two hours before the game time, with one or two dedicated solely to buses.

2

Concessions

Many people were caught in both the traffic backups and then the concessions backups, especially when it came to food, though I heard it was also a problem in some areas for beer. My solution: Take a page from stores like Winners and Walmart, with one line and a digital screen telling people the next numbered till to go to.

3

Social networking

For long stretches of time, I wasn't able to use my smartphones (yes, I have two, an iPhone and BlackBerry). I thought I was alone until I asked people around me and found they all were having similar troubles. My solution: Get tech-savvy employees to figure out where the digital black holes are and either fix them or let fans know about the spots where they can tweet to their heart's content.

4

The 50-50

This one is a no-brainer, but on a night when other things are going wrong, you need to get this one right. For the 50-50 draw, they simply showed the winning number and the camera zoomed in on the paper. This prompted someone in the section above me to yell out, "Read it out, you moron!" My solution: Read it out, you moron.

5

Fix it quickly

My last bit of advice to both the Bombers organization and the City of Winnipeg is to move quickly to address these issues, so we can avoid situations like the one above: Where our Bombers are running onto the field and there's hardly anyone in the stands to cheer them on. 'Cause that certainly isn't a true reflection of our sports-mad city!

RESIDENTIAL MORTGAGE RATES FROM 2.39%
OPEN TO ALL
COMMERCIAL MORTGAGE RATES FROM 2.99%
HOME EQUITY LINE OF CREDIT FROM 3.50%
APPLY ONLINE
387 Provencher Blvd 204-982-3400
1177 Portage Ave 204-927-0460
101 - 930 Jefferson Ave 204-927-0450
Wealth Management 204-293-0179
Commercial Lending 204-927-0485
Belgian-Alliance Credit Union
belgianalliancecu.mb.ca
OAC. Rates subject to change without notice

free the children
we CREATE CHANGE
TO DATE, 95,000 LIVES WILL BE TRANSFORMED THROUGH CLEAN WATER ACCESS.
2,500 PENNIES = CLEAN WATER FOR 1 PERSON
Help us reach 100,000 lives by donating your pennies to Free The Children. Find out how.
VISIT FREETHECHILDREN.COM/WECREATECHANGE OR CALL 416.925.5894

aptn

Proudly Presented By

FIRST AIR
The Airline of the North

NCI

Streetz 104.7FM

ABORIGINAL DAY LIVE & celebration

SATURDAY, JUNE 22

THE FORKS | WINNIPEG

FREE FUN ACTIVITIES FOR THE WHOLE FAMILY START AT 11AM!

Pow Wow and
Skateboard Competitions

Music and Dance Performances

Activities for the Kids

Aboriginal Artisans Marketplace

Authentic Food Fare

and much more!

NEW THIS YEAR
Inuit, First Nations and Métis Pavilions

Free Live Concert starts at 7:30pm

aboriginaldaylive.com #ADL2013

Get a credit card with no deposit or credit history. Our way of saying "Welcome to Canada."

WELCOME

That's the genius of CIBC's Welcome to Canada Package

You came here to start a new life and you shouldn't have to wait. We're the bank that gives you everything you need, all with one easy visit:

- A credit card to help build your credit rating[1]
- A bank account with free unlimited transactions for the first year[2]
- Convenient hours and online access to bank when you want

It's just our way of saying 'Welcome to Canada'.

Learn more today at:
cibc.com/newtocanada
Your nearest branch
1-800-465-2422

Proudly Canadian

CIBC FOR WHAT MATTERS.

To be eligible for the CIBC Welcome to Canada Package, you must have received Canadian permanent resident status within the past 36 months; any time period longer than 36 months does not qualify. Other conditions apply. 1 To apply for the credit card, you must have (a) another eligible CIBC personal product in good standing; or (b) a minimum household income of $15,000 and meet CIBC's credit criteria. 2 Available on new CIBC Everyday® Chequing Accounts only. A transaction includes cheques, withdrawals, transfers, pre-authorized payments, bill payments (including CIBC Credit Cards and CIBC Personal Lines of Credit) and debit purchases. Additional fee(s) apply to withdrawals from non-CIBC bank machines, INTERAC e-Transfer™ transactions and cheques written in currencies other than the account currency. ® Registered trademark of CIBC. INTERAC and INTERAC e-Transfer are trademarks of INTERAC Inc. CIBC authorized user. Welcome Sign Design, Proudly Canadian Design and "CIBC For what matters." are trade-marks of CIBC.

BikeFest runs this Saturday at The Forks Market Plaza. CONTRIBUTED

MEC BikeFest gearing up

Petal pusher. Full slate of 2-wheeled events on tap

SHANE GIBSON
shane.gibson@metronews.ca

Oil up your chain and squeeze into those spandex shorts, the MEC BikeFest is taking over The Forks Market Plaza with all things cycling on Saturday.

The fifth annual festival is completely free and has a long list of events planned for cyclists of all skill levels, according to organizer Tom Bietz.

"Even if you've never heard of bikes before you will find something," he laughed. "It's a gathering of like-minded people who enjoy bicycles. Basically, it's a lot of fun."

As well as clinics and workshops with mechanics and tools to help bikers learn the ins and outs of caring for and repairing their rides, new to the festival this year is a health clinic put on by the Centre for Natural Medicine with tips on diet and nutrition to help riders keep their body's tuned up too.

"It's not just about bikes," said Bietz.

There's also plenty of things for young riders, including an obstacle course set up by MEC's Kids of Mud program, a bike decorating contest put on by Art City, and the MEC Photo Booth with prizes to give away in a number of categories.

"There'll be prizes for coolest bike, coolest looking kid and funnest pose, that sort of stuff," explained Bietz.

Cyclists are encouraged to bring any old gear with them for a gear swap, and group rides to Whittier Park and around the city will be leaving throughout the afternoon.

The MEC BikeFest runs noon to 5 p.m.

Rockin' lineup

The Park Theatre has put together a lineup of 10 local bands who'll keep the festival rockin' all afternoon.

Energy. Geothermal technology coming to two Manitoba First Nations

In an announcement in front of the geothermal unit at The Forks Market, leaders of the Peguis and Fisher River First Nations said they're converting 100 homes to geothermal power.

Heating and cooling systems in the homes will no longer be powered by electricity.

Peguis Chief Glenn Hudson said this project is "fantastic," adding that not only will it create jobs for people living in his community, it's also environmentally friendly. "As First Nations, we must promote and continue to promote sustainable energy," Hudson said.

The Manitoba government said 30 members of the two communities have been trained to do the work.

Chief Glenn Hudson
METRO

Energy Minister Dave Chomiak said if this project works well, the plan is to expand it to future construction of homes on first nations all across the province. "From what I understand, there's going to be hundreds of First Nations homes built over the next couple of years, and clearly the housing stock of first nations is substandard," said Chomiak. "You have to start somewhere. … Start building here, start training people and it'll expand."

Scott Thomson, president and CEO of Manitoba Hydro, said the First Nations will repay the costs of conversion with savings from their monthly utility bills.

Those savings are expected to be $90 a month per home. Aki Energy is spearheading the project and providing the geothermal technology job training. **BERNICE PONTANILLA/METRO WITH FILES FROM THE CANADIAN PRESS**

fido

We'll give your budget a break

The All-in-one Smart plan

$45 per month[1]

- **UNLIMITED Canada-wide incoming calls**[2]
- **UNLIMITED Canada-wide evenings from 6 p.m. and weekends**[2]
- **600 Canada-wide daytime minutes**[2]
- **UNLIMITED international text, picture & video messaging**[3]
- **1GB of data**[4]
- **Call Display, Voicemail**[5]

Includes the Fido ADVANTAGE

Tab24 • *Fido LiveANSWERS*™ • FidoTRADE™ • FidoDOLLARS™

NEW

It's time to switch. Visit a store, call 1-866-301-3436 or go to fida.ca.

FIDO STORES
Garden City Shopping Centre
Kildonan Place
Polo Park Shopping Centre
Portage Place
St. Vital Centre

FUTURE SHOP · BEST BUY · WIRELESSWAVE · tbooth wireless · LONDON DRUGS · COSTCO WHOLESALE · WIRELESS etc... · Walmart

Offer available in Manitoba and Saskatchewan for a limited time; subject to change without notice. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. **1.** Smart plans available monthly or with a 2-year Tab24 agreement. Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. **2.** Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). **3.** Includes messages sent from Canada to email addresses or Canadian and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **4.** Additional data $5/500MB, charged in $5 increments. See **fido.ca/roaming** for U.S. and International roaming rates. **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. ©2013

Great deals to Vegas? You bet.
Vegas vacation packages for less.

Save when you book your flight and hotel together to the city that offers non-stop excitement.

Non-stop from Winnipeg:

From **$549*** Plus $163 taxes & fees
Monte Carlo Resort and Casino
★★★★
Round-trip air + 4 nights + transfers
→ **Receive up to 2 premium show tickets****
• Travel July 15, 2013

From **$629*** Plus $168 taxes & fees
Vdara Hotel and Spa
★★★★★
Round-trip air + 4 nights + transfers
→ **Receive up to 2 premium show tickets****
• Travel July 15, 2013

From **$639*** Plus $170 taxes & fees
ARIA Resort and Casino
★★★★★
Round-trip air + 4 nights + transfers
→ **Receive up to 2 premium show tickets****
• Travel July 15, 2013

Book your complete vacation package at **westjetvacations.com** or call your travel agent.

USA Discover America .com

WESTJET vacations

*Book by June 19, 2013 (11:59 p.m. MT). Round-trip from Winnipeg. Other departure cities and dates available, and prices may be higher. Price is per guest, based on double occupancy unless otherwise specified. Advertised fares are based on non-stop flights. Taxes and fees not included. Taxes for U.S destinations can fluctuate based on exchange rate. Fuel surcharge between $44 - $90 round-trip still applies to Air Miles™ redemption bookings. Transfers not included unless otherwise specified. Advance booking required. Non-refundable. Offer limited and subject to availability. Price is accurate at time of printing deadline. New bookings only. Visit westjetvacations.com for details. **One ticket per guest. Maximum 2 tickets per room, both tickets must be used for the same show and show time. Not available on all days or ticket prices. Vegas show blackout dates apply. Valid on new bookings only. Not valid on group bookings. Cannot be combined with any other offer. Tickets have no cash value. Non-refundable and non-transferable. Offer subject to change and expiry without notice. Visit westjetvacations.com for further details.

T. Rex burger goes extinct at Brandon Wendy's

Health concerns.
Weighing in at around a whopping 3,000 calories, the burger had more calories than many people consume in a day

The T. Rex burger
REDDIT

A fast-food restaurant in Manitoba has backtracked on its offer to make customers a burger fit for Fred Flintstone.

Barb Barker, an administrative assistant for the Wendy's outlet in Brandon, said Wednesday night that they have stopped selling their T. Rex burger, consisting of nine quarter-pound patties held together by nine pieces of processed cheese and a flimsy bun.

"For obvious reasons, Wendy's of Brandon neither condones nor promotes the idea of anyone consuming a nine-patty hamburger in one sitting," said Barker, reading from a prepared statement.

The $21.99 burger started out as a joke ad in Sports Illustrated nine years ago, but customers came in asking for the real thing. The restaurant obliged and started selling two to three giant burgers a day.

Weighing in at around a whopping 3,000 calories, the T. Rex burger had more calories than many people consume in a day. To the dismay of dieticians, it also contained roughly 200 grams of fat — triple the daily allowance — and an eye-watering 6,000 milligrams of sodium, enough to last the average adult four days.

Carla Taylor, a professor in human nutritional science at the University of Manitoba, said the T. Rex sent the wrong message.

"Food is something I don't think we can treat in this way," she said. "We need to get appreciating good food ... of appropriate portion size."

THE CANADIAN PRESS

New extension opens at Royal Canadian Mint

The Royal Canadian Mint officially opened its new $60-million plating facility extension and the Hieu C. Truong Centre of Excellence for Research and Development in Winnipeg Thursday. From left, Mint board member Bonnie Staples-Lyon, Mayor Sam Katz, area MP Shelly Glover, Hieu C. Truong, and Mint president and CEO Ian E. Bennett. SHANE GIBSON/METRO

Suspect sought

Woman allegedly attacked from behind in Valley Gardens area

A Winnipeg woman wasn't hurt after she was attacked from behind when a man tried to grope her, police say.

Winnipeg police said a 19-year-old woman was walking on Louelda Street near Consol Avenue on Wednesday around 9:40 a.m. when a man grabbed her hair from behind and tried to touch her inappropriately.

The woman managed to push the man away, and he then ran towards Concordia Avenue. She was not hurt.

Police are looking for a white man, 20 to 25 years old, with shoulder-length greasy dark brown hair. He was wearing a vibrant blue hoodie with a yellow and white squares pattern on it, jeans, runners, white sunglasses and a baseball cap. METRO

SATURDAY, JUNE 15 ONLY!

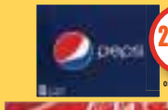
20x

THE SHOPPERS OPTIMUM POINTS®

WHEN YOU SPEND $50 OR MORE† ON ALMOST ANYTHING IN THE STORE.

FREE feels good™

PLUS 1 DAY SALE These SATURDAY ONLY Specials - June 15



2/5.99 or 3.99 each

PEPSI or **COCA-COLA** BEVERAGES 12 x 355mL
Selected Flavours
Limit 4.
Rest of Week 3.99
+ Deposit & Enviro Levy where applicable

2/$4 or 3.49 each

PEPSI or **COCA-COLA** BEVERAGES 6 x 710mL
Selected Flavours
Limit 4.
Rest of Week 3.49
+ Deposit & Enviro Levy where applicable

1.99 EACH

LIFE BRAND
PAPER TOWELS 8 Roll
Limit 4. After limit 2.99
Rest of Week 2.99

21.88 EACH

PAMPERS SUPER BOXED DIAPERS
Selected Types & Sizes
Limit 4. After limit 22.99
Rest of Week 22.99

HUGGIES (64's - 72's) or **PAMPERS** (72's) BABY WIPES
Selected Types - **2.99**

14.99 EACH

BENADRYL ALLERGY CAPLETS (100's),
REACTINE ALLERGY LIQUID GELS (25's) or TABLETS (30's - 36's) Selected Types
Limit 4. After limit 15.99
Rest of Week 15.99

4.99 EACH

BOUNCE SHEETS (70's),
TIDE LIQUID LAUNDRY DETERGENT (1.18L) or
DOWNY FABRIC SOFTENER (1.23L - 1.53L)
Selected Types
Limit 4. After limit 5.99
Rest of Week 5.99

40% OFF*

QUO
IMPLEMENTS, SPONGES, LASHES or BRUSHES
Selected Types

30% OFF*

COVERGIRL
BLAST EYE or LIP PRODUCTS
Selected Types
Rest of Week 20% off*

7.99 EACH

COPPERTONE or **LIFE BRAND**
SUNTHERA 3 SUN CARE PRODUCTS
Selected Types & Sizes
Limit 4. After limit 8.99
Rest of Week 8.99

1.99 EACH

GILLETTE TRIPLE POWER, **OLD SPICE** HIGH ENDURANCE (85g) or **SECRET** (45g - 73g) ANTIPERSPIRANT/ DEODORANT Selected Types
Limit 4. After limit 2.79
Rest of Week 2.79

1.67 EACH

CREST TOOTHPASTE (85mL - 170mL),
ORAL-B MANUAL TOOTHBRUSH (1's) or FLOSS
Selected Types & Sizes
Excludes Premium
Limit 4. After limit 2.49
Rest of Week 2.49

1.49 EACH

CHRISTIE COOKIES or CRACKERS
Selected Types & Sizes
Limit 4. After limit 1.99
Rest of Week 1.99

3.49 EACH

KRAFT
PEANUT BUTTER
500g - 1kg Selected Types
Limit 4. After limit 4.49
Rest of Week 4.49

1.77 EACH

EVERYDAY MARKET
SUGAR 2kg
Limit 4. After limit 2.29
Rest of Week 2.29

While quantities last. We reserve the right to limit quantities. *Our Regular Price. †Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. ® 911979 Alberta Ltd.

SHOPPERS DRUG MART

Contained

Crews start cleanup work on B.C. oil spill

Oil spill response teams were at work Thursday containing and cleaning up a spill of light crude from Kinder Morgan's Trans-Mountain pipeline in the B.C. Interior, just weeks after the company officially filed plans for a controversial expansion of the line.

The National Energy Board said initial estimates were that the spill was small, and the public and the environment were not at risk.

The energy watchdog said it doesn't yet know the size of the leak, which took place on Crown land. Calgary-based Kinder Morgan says only about two cubic metres, or 12 barrels, of light crude was detected. THE CANADIAN PRESS

Going somewhere?

Mulcair apologizes for failing to stop at security checkpoint

To hear it told in the House of Commons, NDP Leader Tom Mulcair's minor run-in with the RCMP on Parliament Hill on Thursday could have been a scene from the latest Fast and Furious flick. The Opposition leader was forced to apologize after breezing through a security checkpoint and apparently failing to stop until halted by the Mounties. THE CANADIAN PRESS

NDP Leader Tom Mulcair
THE CANADIAN PRESS

Questions raised over Alberta spill

Big impact. First Nations community concerned over effect on environment

A First Nation wants answers from a Texas-based oil company after a pipeline spilled 9.5 million litres of industrial waste water in northern Alberta.

Dene Tha' leaders are to meet Monday with Apache Canada Ltd. officials in the remote community of Assumption. Sidney Chambaud, a band councillor, said they want more information about what happened and what the company is going to do about it.

"There are wildlife impacts and water and land impacts," Chambaud said in an interview Thursday.

"Right now within that area the trees, the vegetation and the soil are dead. The water is contaminated."

The Energy Resources Conservation Board has said the spill of water containing salt, oil and minerals was first reported on June 1, but the board didn't learn about its size until Tuesday. Chambaud said the 42-hectare spill is so large it raises questions about how long the pipeline that carries water used in oil and natural-gas operations had been leaking. THE CANADIAN PRESS

Big spill

- The spill covered 42 hectares of land.
- One spill last June near Sundre fouled the Red Deer River after about 475,000 litres of oil spilled.

Deadly blast shakes Louisiana

A ground-rattling explosion Thursday at a chemical plant in Louisiana ignited a fire that killed at least one person and injured dozens of others, authorities said. Louisiana's health department said 73 people were treated at hospitals for injuries ranging from minor to critical following the Thursday morning explosion. State police Capt. Doug Cain said a body was found by hazardous materials crews going through the aftermath of the blast at the facility owned by The Williams Companies Inc., based in Tulsa, Okla. RYAN MEADOR/THE ASSOCIATED PRESS

Municipal workers clean up graffiti in Istanbul's Taksim Square on Thursday. Turkey's government this week proposed a referendum on a development project in Istanbul that triggered demonstrations that have become the biggest challenge to Prime Minister Recep Tayyip Erdogan's tenure. THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

Turkish PM demands an end to occupation of park

Protest. But Erdogan agrees to meet with protesters in a sign he might negotiate

Turkey's prime minister issued a "final warning" to protesters on Thursday, demanding they end their occupation of a park next to Istanbul's Taksim Square that has ignited the largest political crisis of his 10-year rule.

Despite the ultimatum by Prime Minister Recep Tayyip Erdogan, thousands of activists camping out in Gezi Park dug in for a potential culmination of their two-week standoff with authorities.

A violent police crackdown May 31 on a small sit-in to protect trees in Gezi Park sparked the protests that spread to dozens of cities. THE ASSOCIATED PRESS

Peace over violence?

- Erdogan was to meet late Thursday night with representatives of the protesters, including Taksim Solidarity. But that group does not speak for the thousands of protesters camping out in the park, so even if a deal is reached the sit-in may not end.

Czech Republic

Cops raid PM's office building, arrest senior aide

The anti-organized crime unit in the Czech Republic has carried out raids at the Office of the Government, where Prime Minister Petr Necas is based, and at the Defence Ministry and other places across the country, police said on Thursday.

In comments to journalists, Necas confirmed that Jana Nagyova, the director of his office, was among those arrested. He said he would stand by her.

"At the moment, I have no information that would prove any criminal activity of my collaborators," Necas said.

Police spokesman Pavel Hantak declined to identify any of those arrested.

Necas called on the police and prosecutors to "immediately give reasons for such a massive action."

The Social Democrats, the main opposition party, called for Necas to resign. THE ASSOCIATED PRESS

Russia. Putin considers dispute with U.S. over manuscripts to be done

Russian President Vladimir Putin says he considers a dispute with the United States over an archive of Jewish manuscripts to be a dead issue.

A U.S. judge in January ordered that Russia pay $50,000 a day until it turns over the so-called Schneerson Collection of books and documents to Chabad Lubavitch, a Hasidic movement headquartered in Brooklyn, N.Y.

But Russia claims the collection is state property. On Thursday, Putin said he considers "the question of the Schneerson library to be closed." THE ASSOCIATED PRESS

Daily fine

$50K

A U.S. judge in January ordered that Russia pay $50,000 a day until it turns over the so-called Schneerson Collection.

Russian President Vladimir Putin visits the library of the Schneerson family in the Jewish Museum in Moscow, Thursday. The collection is the focus of a dispute between Moscow and Washington. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Free Camp!

Family Life Centre
240 Pritchard Ave.
(204) 415-5126
camp@gospelmission.ca

Valley View Bible Camp
Gimli Bible Camp
Roseau River Bible Camp
Calvary Temple Camp
Faith Bible Camp
Camp Nutimik
Manitoba Pioneer Camp
Winkler Bible Camp
Circle Square Ranch
Eagle Bay

Have fun, make friends, meet God

If you are 6-17 and
1) Live in Winnipeg
2) Are from a low-income family
3) Not already attending another overnight camp this summer

UNION GOSPEL MISSION

Made possible by a generous gift from a Winnipeg Christian businessman

Canadian Visas Change Lives

The opportunity to study, work, invest or join family members in Canada changes the lives of the visa holder and their families forever.

Visa Solutions Canada Ltd. has experienced and licensed Immigration Consultants who can help your family come to, or stay in Canada in the shortest possible time.

- ***Temporary Workers*** – obtain, extend or transfer a Work Permit.
- ***Permanent Residency*** – skilled workers, workers with Canadian experience, self-employed, Provincial Nominee.
- ***Family*** – sponsor qualifying relatives to join you in Canada.
- ***Visitors*** – single and multiple entry visas available.
- ***Students*** – temporary residency and study permits.

Contact one of our licensed Immigration Consultants today for a free consultation.

Visa Solutions Canada Ltd.
Phone: 204-775-9399
Toll Free: 866-994-0318
E-mail: info@visasolutions.ca
3rd Floor, 691 Wolseley Avenue
Winnipeg, MB R3G 1C3 Canada
Web: www.visasolutions.ca

Reduce Belly Fat! Increase Energy!

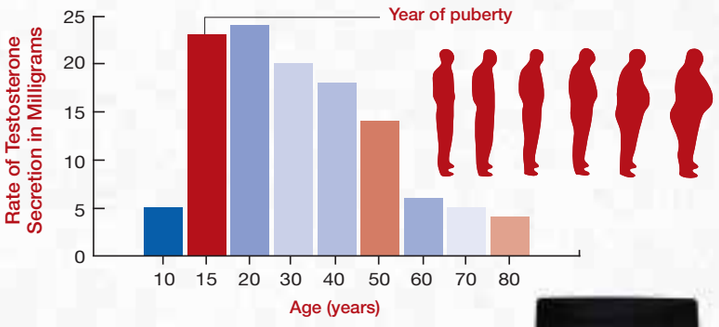
Testosterone levels begin to diminish in men around age 30. In fact, by the time men are 60 years old, they typically produce 60% less testosterone than they did at age 20 (a man's sexual peak). Many men over the age of 35 may already be feeling the effects of lower testosterone including:

✗ Increased Belly Fat ✗ Low Libido ✗ Decreased Muscle Strength
✗ Low Energy ✗ Mood Changes ✗ Prostate Problems and more...

Unfortunately at the same time testosterone is decreasing, estrogen levels are increasing, causing further muscle loss and gain in body fat, making it extremely difficult to maintain a healthy metabolism.

Along with a program of proper nutrition and regular exercise, researchers have discovered a group of naturally proven nutrients that can help you safely reduce excess estrogen while maximizing testosterone levels.

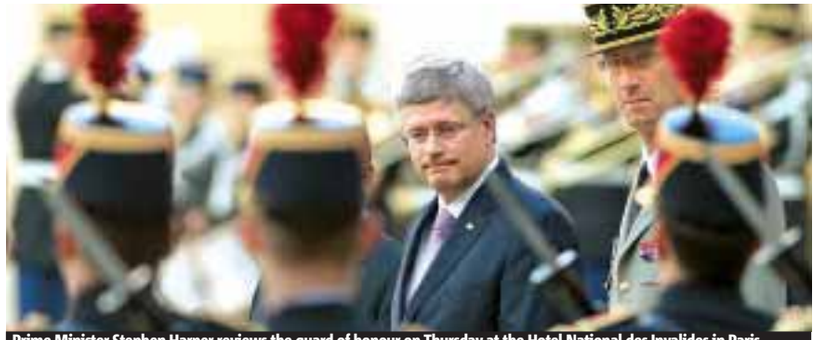
Ultimate Male Energy™ contains 100% natural ingredients like: *Chrysin, Stinging Nettle Root Extract, Indole-3-Carbinol and Broccoli Sprout Powder* to help restore healthy, youthful hormone balance by positively affecting both estrogen and testosterone production, which ultimately helps a man look, feel and perform at his best. Ask about **Ultimate Male Energy** at your local health food store today!



"I really had to write you and tell you about the incredible success I am having with ***Ultimate Male Energy*** *... my body looks like twenty years ago, my clothes fit great, my energy level when working out is great and my endurance so much better ... thank you for this great, great product."*
C.D., MB

Look for Brad King's book *The Ultimate Male Solution* at your local Health Food Store.

COUPON
$2 OFF
ULTIMATE MALE ENERGY
ANY SIZE
Only at your local Health Food Store
For redemption, mail to: Preferred Nutrition, 153 Perth Street, Acton, ON L7J 1C9.
Limit one coupon per purchase. Offer valid only in Canada. Expiry: July 31, 2013 - Code: 07-028
Preferred Nutrition PNO.CA
CUSTOMER SIGNATURE REQUIRED FOR VALIDATION



Prime Minister Stephen Harper reviews the guard of honour on Thursday at the Hotel National des Invalides in Paris. Harper was also in London where he spoke to British parliamentarians. ADRIAN WYLD/THE CANADIAN PRESS

Harper addresses trade in speech to British MPs

Free-trade pact.
Speech included a pitch for a trade agreement with EU

Prime Minister Stephen Harper thanked British counterpart David Cameron for his "robust advocacy" of a free-trade pact between Canada and the European Union during his address on Thursday in London to British parliamentarians.

"It remains our hope that we will soon achieve a comprehensive economic and trade agreement with the European Union, Canada's second-largest trading partner after the United States," Harper said.

"For Canada, and for Great Britain as a member of the EU, this will be a historic step — a monumental one, in fact: A joint Canada-EU study has shown that a commercial agreement of this type would increase two-way trade by 20 per cent."

Canadian negotiators are under growing pressure to broker a deal with the Europeans before they turn their attention to free-trade talks with the United States. Among the issues believed to be on the table are financial services, Canadian beef exports, procurement limits for provinces and municipalities and drug-patent protection.

THE CANADIAN PRESS

Garry Parkes & Associates

Brad, Becky, Garry & Andrew Parkes

We can assist you with:
- ☑ Buy/Sell Houses
- ☑ Buy/Sell Condominiums
- ☑ New homes/Custom Builds
- ☑ Resale
- ☑ Senior Transition Housing
- ☑ Downsizing
- ☑ Renting
- ☑ Commercial Property

Becky has her Senior Real Estate Specialist designation - experienced & passionate with all types of transitional moves.

ROYAL LEPAGE 100 YEARS
Dynamic Real Estate
(Top 1% in Canada) 2009, 2010, 2011 & 2012

B 204.989.5000 TF 877.800.5066 E garry@parkesrealestate.mb.ca
W parkesrealestate.mb.ca facebook.com/parkesrealestate

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro. News worth sharing.

India. Suspected rebels kill 3 in attack on train

Dozens of suspected Maoist rebels fired at a passenger train passing through their stronghold in eastern India on Thursday, killing three people and injuring two others, police said.

About 100 attackers surrounded the train carrying 1,500 people near Jamui, a small town in Bihar state, police said. One of the two drivers stopped the train on seeing the suspected rebels and fled, an officer said.

The dead were a security guard and two passengers. The other train driver suffered bullet wounds.

The attackers fled into a forested area after security guards on the train fired back. THE ASSOCIATED PRESS

The Maoists

- The rebels operate in 20 of India's 28 states, have thousands of fighters, and claim inspiration from Chinese revolutionary leader Mao Zedong.
- They have been fighting for more than 40 years, demanding land and jobs for impoverished tribal communities they say are ignored by the government.

UN report

Squeeze in — world's population growing

The United Nations forecast Thursday that the world's population will increase from 7.2 billion today to 8.1 billion in 2025, with most growth in developing countries and more than half in Africa. By 2050, it will reach 9.6 billion.

India's population is expected to surpass China's around 2028 when both will have around 1.45 billion, the World Population Prospects report said. China's population is expected to start decreasing after 2030, possibly falling to 1.1 billion in 2100. THE ASSOCIATED PRESS

More Afghan kids becoming casualties of war: UNICEF

Taliban blamed.
Figures show 56% of child deaths caused by insurgents and 14% by security forces

An Afghan family travels in the trunk of a car on the outskirts of Kabul on Thursday. AHMAD JAMSHID/THE ASSOCIATED PRESS

The number of children killed and injured in Afghanistan's war has risen sharply this year, the UN Children's Fund said, calling the trend "unacceptable" and "very worrying."

At least 414 children were killed or injured in the first four months of this year, up 27 per cent over the same period the previous year, UNICEF said.

Of those, 121 children were killed and 293 were injured through April 30, UNICEF said in figures released Thursday. Roadside bombs and suicide attacks accounted for the largest number of casualties — 37 per cent — and the UN has particularly criticized the Taliban's use of indiscriminate weapons triggered by victims' stepping on or driving over a pressure plate as a possible war crime.

Violence is increasing overall in Afghanistan as the Taliban and other militants press an intense offensive against government targets as international troops hand over security to Afghans. The escalating attacks have caused civilian casualties to soar, including children.

Last week alone, a suicide attack near a school in the eastern province of Paktia killed nine children and wounded seven others, and a father and three children died when their vehicle hit a roadside bomb. And on June 6, an airstrike by military forces killed three children and injured seven in Kunar province. THE ASSOCIATED PRESS

FINANCIAL RESPONSIBILITY, NOW WITH A DELICIOUS TASTE.
SAVE $1.50 ON 12 BOTTLES OR $2 ON 15 CANS OF SMOOTH TASTING MGD.*
Miller
GENUINE DRAFT
MILLERGENUINEDRAFT.CA
*Must be legal drinking age. Available for a limited time at participating stores. While supplies last. Price is subject to change.

Report: Police probed Rob Ford video weeks before story broke

Project Traveller. Toronto's police chief refuses to rule out possibility evidence collected in raid related to mayor

Toronto police using surveillance techniques were "investigating the existence" of an alleged crack-cocaine video linked to Mayor Rob Ford several weeks before the story first surfaced, CTV News reported Thursday in the wake of a massive, multi-city drugs-and-guns sweep by police.

The broadcaster quoted a "highly placed source" as confirming that "persons of interest discussed that video in detail, and referred to the mayor's alleged presence in the video."

The disclosure came as Toronto Police Chief Bill Blair announced 43 people had been arrested, 40 firearms seized and $3 million of drugs confiscated in early-morning raids concentrated on a Dixon Road complex, a cluster of apartment towers considered to be ground zero for the Ford video scandal.

Nineteen people in Toronto and nine in Windsor, Ont., were charged as part of a yearlong police and border-security investigation code-named Project Traveller, Blair said at a noon news conference.

He declined to answer any questions about Ford's connection to the evidence, what evidence was seized, how it was obtained or about a Rexdale home involved in the raids where a man photographed with Ford lived.

"The only place for the legal disclosure is in a court of law," he said. "All of the evidence has been secured and it will come out in court where it belongs. We will not jeopardize this case."

The Rexdale home of Muhammad Khattak, one of the young men pictured with Ford outside a suspected crack house, was part of the raids. TORSTAR NEWS SERVICE

A man is arrested after a police raid in Toronto Thursday morning. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Police carry bags of goods seized from the house of Muhammed Khattak, one of three people seen in a famous photograph with Toronto Mayor Rob Ford, outside of 15 Windsor Rd. in Toronto. RICK MADONIK/TORSTAR NEWS SERVICE

Early-morning raids

'Complex' sweep extends to Edmonton

"Project Traveller is a very complex investigation" involving a gang called the Dixon City Bloods or Dixon Goonies, Toronto Deputy Police Chief Mark Saunders said Thursday. Their network extended to Edmonton and had operated since 2006, he said.

Edmonton police confirmed that officers executed search warrants Thursday, but would not say where or if anyone was arrested. TORSTAR NEWS SERVICE

The Winnipeg Philatelic Society hosts
Canada's Premier National Stamp Show & Exhibition

Royal * 2013 * Royale

85th Annual Exhibition and Convention of the Royal Philatelic Society of Canada

Daily Admission: $2

Featuring:
- Dealers & Booth Presenters
- Over 250 Competitive Frames
- Special Guests at Show Opening
- Exhibits Include Historical Yorkboat Mail & Zeppelin Exhibit Including Hindenberg
- Youth Table
- Annual Meetings of: Royal Philatelic Society of Canada, Scandinavian Collectors Club, Canadian Aerophilatelic Society

Show times:
Friday 10-6
Saturday 10-5
Sunday 10-4

June 21 - 23, 2013
Winnipeg, Manitoba
University of Manitoba, University Centre

for more information
royal2013royale.com

Our 2013 Royal Theme is the History of the Red River Settlers

Linden
Christian School

Education Built on Relationships

- Province-wide reputation for educational excellence
- Biblically-based instruction
- Exceptional athletic and performing arts programs

25

Accepting applications for September 2013

877 Wilkes Avenue Winnipeg, Manitoba R3P 1B8
www.lindenchristian.org Tel: (204) 989-6730

VIA Rail says if its customer service and other employees go on strike this week, management will continue to offer basic railway services. ADRIAN WYLD/THE CANADIAN PRESS

Strike could stop VIA Rail in its tracks

Latest proposal. VIA Rail is offering wage increases in addition to higher pension contributions

The union representing some workers at VIA Rail said the company's offer on the table Thursday would reduce wages, rather than increase them, once higher pension contributions are considered, and it said it was doubtful an agreement could be reached in time to avert a strike.

"What the company wants to do is increase employees' pension contributions substantially over the next three years," said Bob Orr, assistant to the president of the Canadian Auto Workers Union.

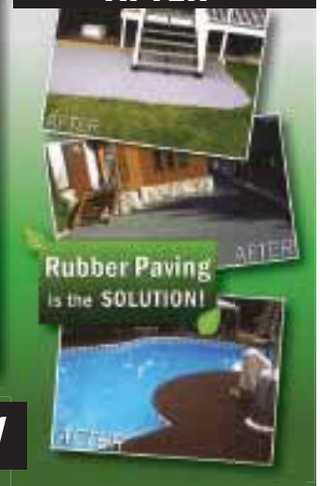
The union represents about 2,000 of VIA's customer-service employees, as well as on-board service and maintenance workers at the railway company.

Orr's comments came only hours before Friday's 12:01 a.m. strike deadline.

VIA Rail presented its latest proposal on Wednesday, offering wage increases of two per cent every year for three years.

THE CANADIAN PRESS

Chase Rubber Paving
FREE ESTIMATE
BUSTED SIDEWALK?
CRACKED DRIVEWAY?
Call us today!
5 YEAR LIMITED WARRANTY
BEFORE

Benefits of Rubber Paving
• Attractive
• Durable and seamless surface
• Slip resistant surface in all weather conditions
• Impervious to salt/de-icer solutions
• Crack resistant and flexible to withstand minor ground movement
• Easy snow removal
• Environmentally Friendly
• Industry leading warranty
AFTER


204-887-5951
Manitoba's ONLY Shercom Industries Authorized Dealer www.shercomindustries.com

Now you know what your empty beverage containers can become.
Give them new life after you're done.
Empty bottles, cans, cartons and juice boxes have incredible potential, as long as they don't end up in the landfill. So whether you're at home or away, find a blue bin and recycle all your empty containers.
To find out more about what beverage containers can become, visit
RecycleEverywhere.ca
RECYCLE EVERY WHERE

Firms can't patent isolated human genes, U.S. high court rules

Washington. Decision covers breast-cancer test brought into public eye by Angelina Jolie's double mastectomy

The U.S. Supreme Court has ruled companies cannot patent parts of naturally-occurring human genes, a decision with the potential to profoundly affect the emerging and lucrative medical and biotechnology industries.

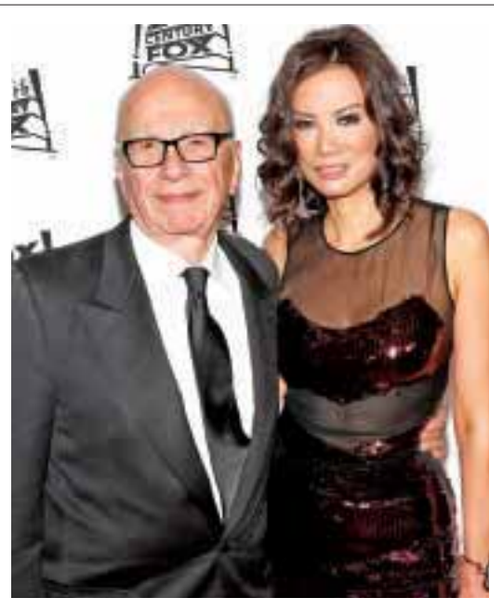
The high court's unanimous judgment reverses three decades of patent awards by government officials. It throws out patents held by Salt Lake City-based Myriad Genetics Inc. on an increasingly popular breast cancer test brought into the public eye recently by actress Angelina Jolie's revelation that she had a double mastectomy because of one of the genes involved in this case.

Justice Clarence Thomas, who wrote the court's decision, said that Myriad's assertion — that the DNA it isolated from the body for its proprietary breast and ovarian cancer tests were patentable — had to be dismissed because it violates patent rules. The court has said that laws of nature, natural phenomena and abstract ideas are not patentable.

However, the court gave Myriad a partial victory, ruling that while naturally-occurring DNA was not patentable, synthetically-created DNA could be patented. THE ASSOCIATED PRESS

BRACAnalysis test

- Myriad Genetics has used its patent to come up with its BRACAnalysis test, which looks for mutations on the breast cancer predisposition gene, or BRCA. Those mutations are associated with much greater risks of breast and ovarian cancer.
- Angelina Jolie revealed last month that her mother died of ovarian cancer and that her maternal grandmother also had the disease.
- She said she carries a defective BRCA1 gene that puts her at high risk of developing breast and ovarian cancers, and her doctor said that the test that turned up the faulty gene link led Jolie to have both of her healthy breasts removed to try to avoid the same fate.



Murdoch's marriage is over

News Corp. CEO Rupert Murdoch has filed for divorce from Wendi Deng Murdoch, his wife since 1999, citing a breakdown in the relationship. The matter doesn't alter the succession plan for the media company, which the 82-year-old founder controls through a family trust. Murdoch filed a one-page document Thursday indicating that he was opening a divorce case in New York State Supreme Court in Manhattan. The couple are parents to two daughters, Grace and Chloe, ages 11 and 9. THE ASSOCIATED PRESS/GETTY IMAGES FILE

2013 forecast

Google predicted to generate $8.9B from mobile ads

Google will sell more mobile advertising than the rest of its rivals combined for the second straight year, according to a new forecast by research firm eMarketer. The report projects Google will generate nearly $8.9 billion US in mobile ad revenue throughout the world this year, after paying commissions to its ad partners. THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.37¢ (+0.45¢)

TSX 12,277.13 (+167.24)

OIL $96.69 US (+81¢)

GOLD $1,377.80 US (-$14.20)

Natural gas: $3.82 US (+4¢)
Dow Jones: 15,176.08 (+180.85)

STARRING YOU!
AT THE Ex
SEE TOMORROW'S STARS SHINE ON SUNDAY, JUNE 16 FROM 10:30 A.M. TO 12:30 P.M.
Brought to you by metro
Use this QR Code to find out who's performing from your community.
redriverex.com
June 14-23, 2013
THE Ex

Pity the fool. Hotel in Austria looks to hire jester

Wanted: A jester. Wallflowers need not apply. It's no joke. An Austrian hotel is advertising for a modern-day court fool who is communicative, extroverted, musical, creative and imaginative.

Applicants are asked to play their musical instrument during the job interview. Also welcome: Creative costumes. The successful candidate will earn about $1,900 a month.

Hotel director Melanie Franke says those interested should not think they're on a fool's errand in applying. She says the idea is to treat guests like royalty, noting that "jesters were a luxury that royal families indulged themselves in."

The Rogner Bad Blumau hotel in Austria's Styria province was designed by famed Austrian artist Friedensreich Hundertwasser and Franke says the jester concept fits its hotel's colorful appearance. THE ASSOCIATED PRESS

Working for free. Internships up in the air as U.S. court finds studio violated wage laws

Unpaid internships have long been a path of opportunity for students and recent grads looking to get a foot in the door in the entertainment, publishing and other prominent industries, even if it takes a generous subsidy from mom and dad.

But those days of working for free could be numbered in the U.S. after a federal judge in New York ruled this week that Fox Searchlight Pictures violated minimum wage and overtime laws by not paying interns who worked on the production of the 2010 movie Black Swan.

The decision by U.S. District Judge William H. Pauley III may lead some companies to rethink whether it's worth the legal risk to hire interns to work without pay. For many young people struggling to find jobs in a tough economy, unpaid internships have become a rite of passage essential for padding resumes and gaining practical experience. THE ASSOCIATED PRESS

New lawsuit

- In another lawsuit filed Thursday, two former interns who worked at W Magazine and The New Yorker sued parent company Conde Nast Publications for allegedly failing to pay them the minimum wage.
- The lawsuit, filed in federal court in New York, seeks class action status on behalf of other interns who worked in the fashion, accessories and fine jewelry departments at Conde Nast magazines.

Quoted

"I'm sure this is causing a lot of discussions to be held in human resource offices and internship programs across the country." David Yamada, professor of law at Suffolk University in Boston

YOU HAVE TO BE KIDNEY-ING ME

THE METRO LIST
Neil Morton
metronews.ca

1 WWDC. Apple unveiled its latest products at the 2013 Worldwide Developers Conference (WWDC) in San Francisco this week. The best line of the conference came from Apple marketing exec Phil Schiller. After unveiling the radically redesigned Mac Pro, he said, "Can't innovate anymore, my a--." Great mantra.

2 @HillaryClinton. The former secretary of state unlocked her Twitter account this week, and her Twitter bio lists herself, among other things, as "hair icon," "pantsuit aficionado," "glass ceiling cracker" and "TBD." Now most have a sneaking suspicion that "TBD" means a 2016 presidential bid? In due time, she'll probably make it official. With a tweet.

3 Facebook #hashtags. Now that Facebook has begun to roll out clickable, searchable hashtags (à la Twitter and Instagram) to help users better find content on the social platform, it somehow feels that hashtags have hit their tipping point. #Soon, #we'll #be #using #them #in #every #sentence #we #write. #And #in #everyday #conversation.

4 Covet Garden. This indie Canadian online decor magazine is using the crowd-funding site Indiegogo to help raise money to do a special print issue, Covet Garden Home. Their goal is $18K, and they've raised about $14K with three weeks left in the campaign. Ingenuity is the key in this economy for startups, and this is another great example of using social media to make a dream happen. Now.

5 Twerking. This latest dancing craze (Harlem Shake is so last month) got another huge shake this week when Miley Cyrus (rumoured new Justin Bieber squeeze) wiggled her hips and butt in the bouncy, up and down motion on stage at Juicy J concert. I would twerk for you, but it would totally ruin your day — and this latest online meme sensation.

6 Nadal's dramatic win. Rafael Nadal won a record-setting eighth French Open title Sunday. The only thing that almost prevented him from winning wasn't his opponent David Ferrer, but a shirtless protester with a white mask holding a lighted flare who jumped out of the stands and interrupted the match. Nadal was briefly rattled but went on to win in straight sets.

7 Real Housewives of Vancouver. The first Canadian version of the hit American franchise made it through two seasons, but won't have a third as Slice Canada has put it on hiatus. One of the problems might have been that the super-rich wives weren't superficial or plastic or vapid enough for viewers compared to their American ilk. Which is saying a lot.

8 Taylor Swift. The teeny-bopper sensation is in Toronto Friday and Saturday to begin the Canadian leg of the Red Tour, before heading west for Winnipeg, Edmonton and Vancouver. Now my wife and daughters will be hitting one of the T.O. shows, but I couldn't bear the thought of singing along to We Are Never Ever Getting Back Together with thousands of tweens.

9 Craigslist. It's known for local classifieds and jobs ads, but sometimes gets wackier. Like this week when a 23-year-old man from Cobourg, Ont., advertised his kidney there. "You can have the left or right, they both work perfectly. I'm in shape and quit smoking a year ago. I'm being more than serious about this, asking $20,000... THIS IS 100% SERIOUS !!!" Enough said.

10 Fired over Skype. The Edmonton Oilers announced Dallas Eakins as their new head coach this week (great hire), but handled the firing of their former coach in a rather odd way. While vacationing in Switzerland, Ralph Krueger was sacked over Skype by GM Craig MacTavish. At least it wasn't by a Facebook wall post.

11 Bowie. The Art Gallery of Ontario made the epic announcement that the exhibition David Bowie will arrive there this fall straight from London's Victoria and Albert Museum. It includes the icon's original stage costumes, instruments, album art, handwritten set lists and lyrics, and more. I already have the opening day, Sept. 25, marked on my calendar.

12 The Purge. This low-budget horror film — it cost about $3 million to make — starring Ethan Hawke, demolished everything else at the box office, taking in $36.4 million. Most of it was filmed in a house. I have a great idea for an indie horror to be shot in the outhouse at my in-laws cottage. All I need is $1.5 million, a camera, a flashlight, a bear and some toilet paper.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Nature's synchronized swimming

MARK VAN COLLER/SOLENT

Impromptu diving show impresses

These dolphins are showing off a new cross-discipline sport: Surfing-meets-synchronized diving.

The pod of 30 bottlenose dolphins were spotted jumping out of the back of breaking waves that rolled into the coast. Photographer Mark van Coller took the shot on the east coast of South Africa, near Port St. Johns. METRO

Q and A

Surf's up, dolphins

MARK VAN COLLER

How did you capture this?
It was sardine season on the east coast, so many predatory marine animals were in the region hunting. Myself and five others took a boat out to witness the animals in motion.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Since we're halfway through the year, many of you have likely abandoned those pesky New Year's resolutions. Was one of them to learn a new language? Give it another shot with an assist from these three.

Beginners' Chinese

You don't need to be an Economist subscriber to know that understanding Chinese could be helpful down the road. This iTunes podcast eases you into Mandarin with standard classroom fare like greetings, introductions and restaurant ordering.

ESL Pod

Canada is a nation enriched by immigration, and those arriving here with a very basic grasp of English would be very well-served by the wide variety of language and cultural lessons available here. (eslpod.com)

American Sign Language

Get animated with a full slate of lessons that will equip you with the gestures required to speak to the hearing-impaired. This is likely the one language we've all wished to learn at some point. (lifeprint.com/asl101)

Twitter

@metropicks asked: Metro writer @John_Mazerolle has new Heritage Minute ideas. What parts of our history merit airtime?

@ZedSprinkles: This news is 8 months old (but still funny)

@YOWdog: Royal Proclamation of 1763

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

NO COMPARISON NO COMPROMISE F-150

WITH AN IMPRESSIVE LIST OF AVAILABLE FEATURES

- MYFORD TOUCH® WITH 8" LCD TOUCH SCREEN
- & SECURICODE™ KEYLESS ENTRY KEYPAD
- & TIRE PRESSURE MONITORING SYSTEM (TPMS)
- & SiriusXM® SATELLITE RADIO
- & 3.5L V6 ECOBOOST® ENGINE
- & TAILGATE STEP
- & SAFETY CANOPY SYSTEM
- & 4X4
- & TRAILER BRAKE CONTROLLER
- & TONNEAU COVER
- & MUCH MORE

NOTHING COMPARES TO GETTING EVERYTHING YOU WANT

BUILT FORD TOUGH

UP TO $9,250†† IN MANUFACTURER REBATES ON SELECT NEW 2013 MODELS

F-SERIES CANADA'S BEST-SELLING TRUCKS FOR 47 YEARS‡

THE 2013 F-150 SUPER CAB XLT 4X4 5.0L

10.7L/100KM 27MPG HWY**
15.1L/100KM 19MPG CITY**

LEASE FOR ONLY $269† PER MONTH @ 0.99% APR FOR 24 MONTHS

OR

STEP UP TO A SUPER CREW FOR $13† MORE A MONTH

with $2,250 down. Offers include $9,250 in manufacturer rebates and exclude freight and air tax.

DON'T SETTLE FOR COMPETITORS' LENGTHY PURCHASE TERMS WHEN YOU COULD ENJOY SEVERAL NEW F-150S IN THE SAME AMOUNT OF TIME.

THE ALL-NEW 2013 FUSION S

TOP SAFETY PICK+ Built after December 2012

WELL-EQUIPPED FOR ONLY $136† @ 1.49% APR
Financed bi-weekly for 72 months with $1,750 down.

CASH PURCHASE FOR $21,999*
5.8L/100KM 49 MPG HWY**
9.2L/100KM 31 MPG CITY**
Offers exclude freight and air tax.

2013 ESCAPE SE FWD 1.6L ECOBOOST

TOP SAFETY PICK

WELL-EQUIPPED FOR ONLY $149† @ 2.49% APR
Financed bi-weekly for 84 months with $600 down.

CASH PURCHASE FOR $25,449*
6.0L/100KM 47 MPG HWY**
9.1L/100KM 31 MPG CITY**
Offers include $500 in manufacturer rebates and exclude freight and air tax.

2013 EDGE SEL FWD

TOP SAFETY PICK

WELL-EQUIPPED FOR ONLY $185† @ 1.99% APR
Financed bi-weekly for 72 months with $1,750 down.

CASH PURCHASE FOR $28,999*
6.6L/100KM 43MPG HWY**
9.9L/100KM 28MPG CITY**
Offers include $3,750 in manufacturer rebates and exclude freight and air tax.

THERE'S NO COMPARISON & NO COMPROMISE.
ONLY AT YOUR PRAIRIE FORD STORE.

Ford
Go Further
| prairieford.ca |

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentive offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. †Until July 2, 2013, receive 0% APR purchase financing on new 2013 Ford F-Max, Edge (excluding SEL) Explorer, Escape (excluding S) Flex (excluding SE) and Mustang (excluding V6) models for a maximum of 84 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and totals to the unpaid is $25,000. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. ††Purchase a new 2013 Fusion S/Escape SE FWD 1.6L EcoBoost/Edge SEL FWD F-150 Super Cab XLT 4x4 5.0L/F-150 Super Crew XLT 4x4 5.0L and get $9,250 in manufacturer rebates (the "Manufacturer Rebates") on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the Manufacturer Rebates. Manufacturer Rebates are not combinable with any Fleet consumer incentives. ‡Until July 2, 2013, receive 1.49%/2.49%/1.99% APR purchase financing on new 2013 Fusion S/Escape SE FWD 1.6L EcoBoost/Edge SEL FWD models for a maximum of 72 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. See the above for $21,999/$25,449/$28,999 purchase financed at 1.49%/2.49%/1.99% and total to be repaid is $22,866/$27,176/$30,810. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers exclude freight and air tax ($1,500) and license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. ‡ Until July 2, 2013, lease a new 2013 F-150 Super Cab XLT 4x4 5.0L/F-150 Super Crew XLT 4x4 5.0L and get $269/$269 bi-weekly at 0.99% APR for up to 24 months with $2,250 down or equivalent trade in, monthly payment is $1,166.66/$1,166.66, cost of borrowing is $1,250/$1,250, total lease obligation is $29,066/$29,066 (optional buyout is $19,806/$20,950). Cost of borrowing is $4,250/$4,469 (or 0.99%) APR. Taxes payable on full amount of lease financing price after total manufacturer rebate of $9,250 has been deducted. Offers exclude freight and air tax ($1,650), license, fuel fill charge, insurance, dealer PDI, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. A charge of 8¢ per km over mileage restrictions applies, plus applicable taxes. ‡‡Until July 2, 2013, receive $750/$500/$750/$750/$750 in Manufacturer Rebates with the purchase or lease of a new 2013 Focus (excluding S, ST, and BEV)/Escape S FWD 1.6L EcoBoost/Edge FWD (excluding S)/F-150 Super Cab and Super Crew 5.0L - all Raptor, SVT01, XL05502, and Medium Truck models excluded. Manufacturer Rebates are not combinable with any Fleet consumer incentives. **Estimated fuel consumption ratings for the 2013 Ford Fusion FWD 1.6L I-4/Escape FWD 2.5L - I-4/Edge FWD 2.2L - I-4 GTDI/F-150 4X4 5.0L V8 6 speed Auto). Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ‡ F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Sirius Canada Inc. "SiriusXM" the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Synopsis

The story begins on Krypton, as all good Superman origin stories must. To save his son Kal-El from perishing on the doomed planet, Jor-El (Russell Crowe) rockets him off to a safe haven — Earth. There he is raised by Ma and Pa Kent, (Diane Lane and Kevin Costner), humble farmers who raise Clark Kent (Henry Cavill) as their own and keep his alien heritage a secret, but his extraordinary powers are exposed when a snoopy reporter (Amy Adams) digs into his life and the last surviving Kryptonians, led by General Zod (Michael Shannon) try and invade the planet.

- Richard: ●●●○○
- Mark: ●●○○○

Henry Cavill is sufficiently square-jawed and blue-eyed to play Superman, but Amy Adams lacks the pluck of Lois Lane. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Up, up and ... it's OK

Man of Steel.
Superman origin story has too much bang and not enough phone booths

Richard: Mark, Man of Steel plays kind of like a Nirvana song. It starts off quiet, then gets loud, then quiet again and then REALLY loud. Thing is Nirvana songs were usually under four minutes and this movie clocks in at well over two hours. Much of it is entertaining, but I have to say my eyeballs felt scorched after the protracted blow-'em-up scene that eats up much of the last 45 minutes of the movie. It's all crash-boom-bang and not nearly as interesting as the stuff that preceded it.

Mark: Richard, I always liked the Superman movies — even the bad ones — for their charm. Although there's some good scenes toward the beginning of the movie, it becomes bombastic and self-righteous; way too serious for its own good. That 45-minute scene you're referring to made me long for headphones with Enya songs playing on a long loop. And I know it's an origin movie, but I longed for the comic contrast between Superman and his journalist alter ego Clark Kent, which is mostly missing from the movie. Then again, we no longer have phone booths. Any of the actors appeal to you, Richard?

RC: I thought Cavill was suitably square-jawed and blue-eyed enough to play the icon lead character and Michael Shannon brought the crazy (as usual for him) to Zod, but I was let down by two other leads. Russell Crowe was fine, although I couldn't help but imagine Ralph Fiennes really eating up the role of Jor-El. Finally, I'm not sure Amy Adams is plucky enough to play Lois Lane.

MB: Cavill was square — I mean — square-jawed, wasn't he? Crowe was fine, but somehow Kevin Costner got to me in a very sentimental turn as Clark's dad. As for Michael Shannon, I can only assume he was forced to overact at gunpoint, with lines like "Unleash the world machine!!!!" For a movie that cost a few hundred million dollars, it was often close to a Flash Gordon serial at times.

RC: I think I wanted more Flash Gordon and less of what was on the screen in front of me. It's an entertaining movie for much of its running time, but the word overkill comes to mind. I feel like less — shorter running time, fewer explosions, not as many fights — would have been more.

MB: And did you notice that so many of the action scenes had the same basic gimmick — concrete being torn up over and over again? And I had to laugh when the entire city of Metropolis is collapsing under alien attack and there are scenes of people just staring at the buildings falling around them. If I see one brick on the ground, I'm outta there!

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Have superheroes gone soft?

Chris Hardwick, creator of the Nerdist podcast and YouTube channel, explains to us why Superman has to be more human nowadays

"We've definitely become more of a culture of wanting to identify with characters rather than wanting to see characters that we couldn't be. It's not just movies and superheroes. When you look at protagonists in television, they're kind of crappy people. There's Don Draper or Dexter or Walter White. They're not good or bad — they're muddy.

What you see coming out now — after the era of '90s superhero movies — is sort of like the transition between glam rock and grunge, where you have the square-jawed heroes being phased out. They're kind of one-dimensional, there's not really much of an arc, they're just there to facilitate all of the action and just sort of be the opposing force to evil. But

I have so many feelings: Superman. HANDOUT

now people want to see more humanity, and I honestly think that has a lot to do with the Internet. The way we interact with the Internet, the way that we're all in each other's business with YouTube and blogs, we're just used to seeing humans, and that's what we're identifying with, seeing other humans. People are bored by the one-dimensional, 'Oh, he can do anything' hero because what's at stake then? What are they battling? We've seen so much of it up to this point that the one place that superheroes hadn't really gone, at least in film yet, is inward.

What works in Man of Steel is just the idea of taking the heroes off the pedestal and going, 'They're still … if not humans, then creatures. Creatures with struggles.' Because that's what people get wrapped up in, story and struggle and not just, 'Oh look, he's better than everyone else.' It's the idea that he's not better than everyone. And Superman has a lot of struggles in the movie, more so than just, 'Oh, he's got super powers and he beats the crap out of those guys and it's all going to be fine because he's indestructible.' People have seen that. You still want your healthy dose of action scenes, but then you want to identify with the characters."

NED EHRBAR/MWN

On the Web

For more Hardwick, go to nerdist.com

I feel also: Iron Man. HANDOUT

Me, feel, grr—Batman. HANDOUT

Who am I?

My superhero name … as thought of by Stan Lee

Metro World News reporter Anthony Johnston sat down with Stan Lee to talk about his prospects for being a superhero. Here's what happened:

Out of his visionary mind came the likes of Spider-Man and Iron Man, but could Lee create my superhero alter ego? After I listed my significant traits — Irish-born, just shy of six-foot-four, 275 pounds, and an encyclopedic knowledge (so my buddies claim) — Lee says, "You could be a Sherlock Holmes type of guy who knows almost everything. But it would be more visually exciting if we played up your size."

Now, for the name. "I am torn between the intellectual part, the strength part and the Irish part — you're a multi-heroic man. Oh, you're Multi-Man!" Lee exclaims.

"Sorry, Stan, there's a Multi-Man in DC Comics," I tell him. Reminding me how difficult it is to be original, he improvises. "Instead of Multi-Man, you could throw in another word in there: Multideed-Man, and hopefully nobody has that."

How to be a superhero

Preparation. No need for a brain to be all brawn

Bruce Banner (The Hulk) is an ingenious scientist, Peter Parker (Spider-Man) is a whiz kid at school — even billionaire playboy Tony Stark (Iron Man) is a brilliant engineer. So to be a superhero you need to be a genius or have a PhD, right? Wrong. "Captain America wasn't a PhD. Most of the X-Men didn't have great educations particularly," says Marvel man Stan Lee, creator of all of the above.

THE HULK

Background. The past is passé

Some of our favourite superheroes brood over their dark past — Bruce Wayne (Batman) witnessed his parents' murder as a child, and Wolverine was a guinea pig in a secret government experiment that's mentally scarred him. Painful origins do make for an alluring character — so, would you embellish your own personal history to make your superhero stand out? "My advice would be forget the past," Lee says. "Think of the future, and think of all the good you can do with your superpower."

WOLVERINE

Name. Be original, somehow

He's been writing comic books for more than 70 years, has conjured up some 350 superheroes and villains, like Doctor Strange, but Lee still admits "coming up with a name is the most difficult part in creating a superhero. … When I come up with a new character, I'll come up with a name that I think is great, and then I Google it and I'll see 500 names just like that for other characters," he says.

DOCTOR STRANGE

DAREDEVIL

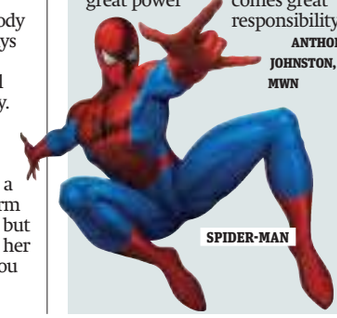
Traits. It's all down to Lady Luck

"The one attribute that everybody would want to have is luck," says Lee. "If you're a superhero and you're chasing a bad guy, you'll chase him because you're lucky. If he'll shoot at you, he'll miss because you're lucky," he says. (Daredevil, blind but heroic, comes to mind.) "Think of it as a beautiful woman, a spectral form of a ghost — she's not real, but every time she puts her arms around you, you become lucky."

Finishing touches. An apt outfit … and a fantastic catchphrase

Choosing the right costume depends on what superpower you possess, Lee reveals. "If you're going to be moving around a lot, something tight is the best. If your power is mental, you don't need a tight costume." And forget a histrionic, husky voice à la Batman. "The phrases a hero says are the things your audience will remember — if they're good." So, what would be a good one? "Look out behind you!" Lee cries. "Or there's another phrase of course: With great power comes great responsibility."

ANTHONY JOHNSTON, MWN



SPIDER-MAN

He may not be a baseball star, but his legs go on for days

Monsters University. Early audiences have warmed to Charlie Day's character in new animated film

NED EHRBAR
Metro World News in Hollywood

As the furry purple oddball Art in Monsters University, Charlie Day walks away with nearly every scene he's in, which isn't surprising since his monster is mostly just a pair of legs with a face where the crotch would be.

Among early audiences, Art is fast becoming a favourite — or at least that's what people are telling Day.

"Well, people have been saying that to me, and I don't know what their ulterior motives are, but I appreciate it," Day tells Metro.

There is just something captivating about Art.
You know, he's a crazy guy. He's filled with the absurd non-sequiturs. He's positive, he's an optimist and he's been to jail. What's cooler than that? And then the best thing is you get to see what it would be like to be all legs. Legs for days, this guy.

How much were you involved in the design and development?
I did all the design myself. I did all the drawings, I did most of the movie (laughs). No, I did nothing. I did absolutely nothing. By the time I showed up here they had already animated a scene using lines from It's Always Sunny in Philadelphia with the character. I almost feel like they could've taken certain words that I've said from things and cobbled together the entire performance, but they were nice enough to let me do some of the work.

What was your own college experience like?
I didn't go to as large a school (as Monsters University), and there wasn't really much Greek life on campus. I went to a school called Merrimack College in North Andover, Mass., about 20 minutes or so north of Boston. I had a lot of friends and met new people and got new ideas and became a better thinker and a more well-rounded person up there. I loved it.

Did you start off college with one idea of what you were going to do with your life and end up with another?
Yes. Well … I was a huge baseball guy growing up, as was everyone in my town. I was passionate about it, I worked really hard at it and I was half-way decent at it, but not ultimately good enough. And by college I realized that it's not going to go any further, and then I started dabbling in acting and the arts, and all that came much easier and more naturally to me (laughs).

The sun is still shining…

Charlie Day got his start with the off-beat FX comedy It's Always Sunny in Philadelphia, and he has no plans of stopping the series now — at least not this year. "We're almost done filming the ninth season. Nine seasons," he says with eyes wide. "We were celebrating our 100th episode the other day. It's been a wonderful decade of a lot of laughs. We definitely are going to do a 10th season, and after that I don't know. It depends on if FX wants to keep it going or not. I think creatively we're open to it. I still feel like we're finding new and interesting things for these characters to do and say."

Drama

Kon Tiki

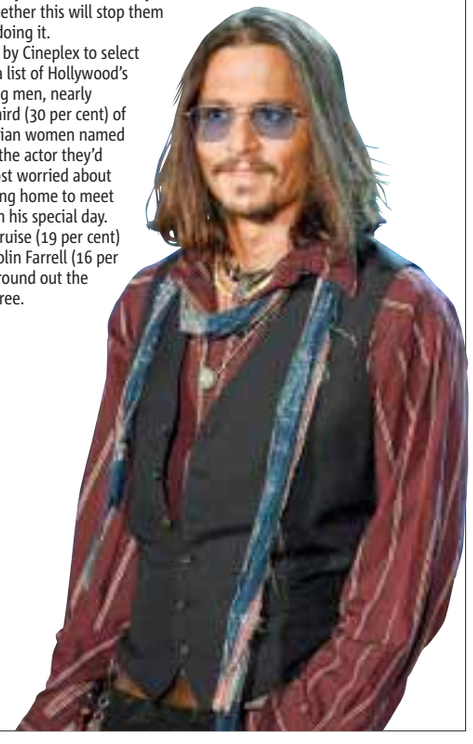
Directors. Joachim Roenning, Espen Sandberg

Stars. Pal Sverre Hagen, Tobias Santelmann

Kon Tiki is a movie to be seen on the big-screen. Beautifully-shot, this epic drama (and Norway's most successful film in 2012) is an inspirational, absorbing survival tale about an explorer's trek across the ocean on a balsa wood raft. An Oscar-nominee for best Foreign Language Film (even though it's primarily in English), the film may amplify the true-life adventure for filmgoers but as far as cinema goes, Kon Tiki is a ship worth sailing. **STEVE GOW**

Would you take these Hollywood hunks home to dad?

Research conducted by Cineplex shows your daughters dread the thought of bringing a Hollywood heartthrob like Johnny Depp home to meet you this Father's Day. No word on whether this will stop them from doing it.
Asked by Cineplex to select from a list of Hollywood's leading men, nearly one-third (30 per cent) of Canadian women named Depp the actor they'd be most worried about bringing home to meet dad on his special day. Tom Cruise (19 per cent) and Colin Farrell (16 per cent) round out the top three.
METRO



Mitzi's Restaurant
Celebrating 35 Years
June 15th
Thank you for supporting us all these years!
In celebration of our 35 years we are donating to these great charities that we support:
• HSC Foundation
• Cancer Care Manitoba Foundation
• Variety Club
• Siloam Mission
• Seven Oaks Foundation
COME CELEBRATE WITH US!
Mitzi's Restaurant
250 St. Mary Avenue • 943-9770

THESE PAGES COVER MOVIE START TIMES FROM FRI., JUNE 14 TO THURS., JUNE 20 TIMES ARE SUBJECT TO CHANGE.

Cinema City McGillivray
2190 McGillivray Blvd.

Epic 3D (G) Sat 1:55 Sun 1:35
Fast & Furious 6 (14A) Fri 4:40-7:45-10:40 Sat-Sun 1:40-4:40-7:45-10:40 Mon 4-6:55-9:55 Tue 4:40-7:45-10:40 Wed 4-9:55 Thu 4-6:55-9:55
The Internship (PG) Fri-Thu 4:10-7:15-10:10 Fri 7:10-10:15 Sat 12:40-3:50-7:10-10:20 Sun 12:40-3:50-7:10-10:10 Mon 7-10:10 Tue 7:10-10:15 Wed-Thu 7-10:10
Man of Steel (PG) No Passes Fri 10:45 No Passes Sat-Sun 1-10:45 No Passes Mon 10:30 No Passes Tue 10:10 No Passes Wed-Thu 10
Man of Steel 3D (PG) No Passes Fri 3:55-4:15-7-7:30-10:20 No Passes Sat-Sun 4:15-7:30 No Passes Mon 4:20-7:30 No Passes Tue 3:30-6:50 No Passes Wed-Thu 3:50-6:55 No Passes Fri 6:30-9:50 No Passes Sat-Sun 12:10-3:20-6:30-9:50 No Passes Mon-Thu 6:30-9:45 No Passes Sat 12:15-3:30-6:50-10:10 No Passes Sun 12:15-3:45-6:50-10:10 No Passes Mon 3:50-6:55-10 No Passes Tue 4:15-7:30-10:45 No Passes Wed-Thu 4:20-7:30-10:30
My Little Pony: Equestria Girls (G) Sun 12:30-2:10
Now You See Me (PG) Fri 4:35-7:25-10:05 Sat 1:45-4:35-7:25-10:05 Sun 1:45-4:35-7:25-10 Mon-Thu 4:35-7:25-10:05
The Purge (14A) Fri 3:55-6-8:15-10:30 Sat-Sun 1:30-3:50-6-8:15-10:30 Mon 4:20-7:05-9:15 Tue 3:55-6-8:15-10:30 Wed-Thu 4:20-7:05-9:15
Star Trek Into Darkness (PG) Fri 10:15 Sat 12:50-10:15 Sun-Thu 10:15
Star Trek Into Darkness 3D (PG) Fri-Sun 4:05-7:20 Mon 3:55 Tue-Thu 4:05-7:20
This Is the End (18A) Fri 5:25-8-10:35 Sat-Sun 12:20-2:50-5:25-8-10:35 Mon 4:15-7:10-9:40 Tue 5:25-8-10:35 Wed 4:15-6:55-9:40 Thu 4:15-7:10-9:40 Fri 7:50-10:45 Sat 1:10-4:20-7:50-10:45 Sun 1:10-4:20-7:50-10:30 Mon 7:30-10:30 Tue 7:50-10:45 Wed-Thu 7:30-10:30

Cinema City Northgate
1399 McPhillips Street

42 (PG) Fri 7:10-10:05 Sat-Sun 1:20-4:10-7-10 Mon-Thu 5:25-8:10
The Big Wedding (14A) Fri 7:50-10 Sat-Sun 1:30-3:40-5:50-8-10:10 Mon-Thu 6:15-8:25
The Croods 3D (G) Fri 7:20-9:45 Sat-Sun 1:25-4:20-6:45-9:20 Mon-Thu 6:10-8:30
Escape From Planet Earth 3D (PG) Fri 7:30 Sat-Sun 1:10-3:20-5:30-7:40 Mon-Thu 5:50
G.I. Joe: Retaliation 3D (14A) Fri 9:40 Sat-Sun 9:55 Mon-Thu 8
Oblivion (PG) Fri 7:25-10:15 Sat-Sun 1:40-4:30-7:30-10:05 Mon-Thu 6-8:45
Oye Hoye Pyar Ho Gaya (STC) Fri 6:50-9:50 Sat-Sun 1:15-4:15-7:15-10:15 Mon-Thu 5:20-8:20
Oz the Great and Powerful 3D (PG) Fri 7:15-10:10 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 5:20-8:20
Yamla Pagla Deewana 2 (PG) Fri 7-10:15 Sat-Sun 2-5:20-8:30 Mon-Thu 5:30-8:40

Cinematheque
304-100 Arthur

Beyond the Hills (14A) Fri 9:30 Sat-Sun 7
Gravity and Grace (STC) Fri 7
No Films Showing Today (STC) Mon-Thu

City Cinema - Northgate
1399 McPhillips

42 (PG) Fri 7:10-10:05 Sat-Sun 1:20-4:10-7-10 Mon-Thu 5:25-8:10
The Big Wedding (14A) Fri 7:50-10 Sat-Sun 1:30-3:40-5:50-8-10:10 Mon-Thu 6:15-8:25
The Croods 3D (G) Fri 7:20-9:45 Sat-Sun 1:25-4:20-6:45-9:20 Mon-Thu 6:10-8:30
G.I. Joe: Retaliation 3D (14A) Fri 9:40 Sat-Sun 9:55 Mon-Thu 8
Oblivion (PG) Fri 7:25-10:15 Sat-Sun 1:40-4:30-7:30-10:05 Mon-Thu 6-8:45
Oye Hoye Pyar Ho Gaya (STC) Fri 6:50-9:50 Sat-Sun 1:15-4:15-7:15-10:15 Mon-Thu 5:20-8:20
Oz the Great and Powerful 3D (PG) Fri 7:15-10:10 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 5:40-8:35
Yamla Pagla Deewana 2 (PG) Fri 7-10:15 Sat-Sun 2-5:20-8:30 Mon-Thu 5:30-8:40

Famous Players
Kildonan Place
1555 Regent Ave W

Epic (G) Fri 6:45 Sat-Sun 1:15-4:15-6:45 Mon-Thu 5:40
Fast & Furious 6 (14A) Fri 7:10-10:10 Sat-Sun 1-4-7:10-10:10 Mon-Thu 5:10-8:15
The Hangover Part III (14A) Fri-Sun 9:20 Mon-Thu 8:45
The Internship (PG) Fri 7:20-10 Sat-Sun 1:45-4:40-7:20-10 Mon-Thu 5:20-8:30
Man of Steel (PG) No Passes Fri 9:45 No Passes Sat-Sun 12:10-9:45 No Passes Mon-Thu 5
Man of Steel 3D (PG) No Passes Fri 6:30-7-10:15 No Passes Sat-Sun 12:40-3:15-3:45-6:30-7-10:15 No Passes Mon-Thu 5:30-8:10-8:40
This Is the End (18A) Fri 7:30-10 Sat-Sun 1:30-4:30-7:30-10 Mon-Thu 5:45-8:20

Grant Park 8 Cinemas
1120 Grant Ave.

The Great Gatsby (PG) Dolby Stereo Digital Fri 6:45 Dolby Stereo Digital Sat-Sun 12:15-6:45 Dolby Stereo Digital Mon-Wed 6:45
The Great Gatsby 3D (PG) Dolby Stereo Digital Fri-Wed 3:30-9:40 Dolby Stereo Digital Thu 3:30
The Internship (PG) Dolby Stereo Digital Fri 3:50-7:05-10:05 Dolby Stereo Digital Sat-Sun 12:40-3:50-7:05-10:05 Dolby Stereo Digital Mon-Thu 3:50-7:05-10:05
Man of Steel (PG) Dolby Stereo Digital, No Passes Fri 3:40-6:40-10 Dolby Stereo Digital, No Passes Sat-Sun 12:45-3:40-6:40-10 Dolby Stereo Digital, No Passes Mon-Thu 3:40-6:40-10
Man of Steel 3D (PG) Dolby Stereo Digital, No Passes Fri 3:35-7-9:50 Dolby Stereo Digital, No Passes Sat-Sun 12:30-3:35-7-9:50 Dolby Stereo Digital, No Passes Mon-Wed 3:35-7-9:50
Monsters University 3D (G) Dolby Stereo Digital, No Passes Thu 8
Mud (PG) Dolby Stereo Digital Fri 3:25-6:35-9:30 Dolby Stereo Digital Sat-Sun 12:25-3:25-6:35-9:30 Dolby Stereo Digital Mon-Thu 3:25-6:35-9:30
Now You See Me (PG) Dolby Stereo Digital Fri 3:15-6:30-9:25 Dolby Stereo Digital Sat-Sun 12:20-3:15-6:30-9:25 Dolby Stereo Digital Mon-Thu 3:15-6:30-9:25
Star Trek Into Darkness (PG) Dolby Stereo Digital Fri-Wed 3:20-9:45 Dolby Stereo Digital Thu 3:20
Star Trek Into Darkness 3D (PG) Dolby Stereo Digital Fri 6:50 Dolby Stereo Digital Sat-Sun 12:20-6:50 Dolby Stereo Digital Tue-Thu 6:50
This Is the End (18A) Dolby Stereo Digital Fri 4-7:10-10:10 Dolby Stereo Digital Sat-Sun 12:50-4-7:10-10:10 Dolby Stereo Digital Mon-Thu 4-7:10-10:10
World War Z 3D (STC) Dolby Stereo Digital, No Passes Thu 10:05

Landmark Globe Cinema
393 Portage Ave

The Company You Keep (PG) Fri 7-9:45 Sat-Sun 1-3:45-7-9:45 Mon-Thu 7-9:45
Kon-Tiki (PG) Fri 7:15-9:30 Sat-Sun 1:15-3:30-7:15-9:30 Mon-Thu 7:15-9:30
The Lesser Blessed (14A) Fri 7:30-9:40 Sat-Sun 1:30-3:40-7:30-9:40 Mon-Thu 7:30-9:40

Landmark Towne Cinema 8
301 Notre Dame Avenue

Fast & Furious 6 (14A) Fri 6:50-9:45 Sat-Sun 1-3:50-6:50-9:45 Mon-Thu 6:50-9:45
The Internship (PG) Fri 7:15-10 Sat-Sun 1-3:45-7:15-10 Mon-Thu 7:15-10
Man of Steel (PG) Fri 7-10 Sat-Sun 1-4-7-10 Mon-Thu 7-10
Man of Steel 3D (PG) Fri 6:45-9:45 Sat-Sun 12:45-3:45-6:45-9:45 Mon-Thu 6:45-9:45
Now You See Me (PG) Fri 7:15-10 Sat-Sun 12:45-3:30-7:15-10 Mon-Thu 7:15-10
The Purge (14A) Fri 7:15-9:20 Sat-Sun 1:15-3:30-7:15-9:20 Mon-Wed 7:15-9:20 Thu 7:15-9:45
Star Trek Into Darkness (PG) Sat-Sun 3:40
Star Trek Into Darkness 3D (PG) Fri 6:45-9:30 Sat-Sun 12:45-6:45-9:30 Mon-Wed 6:45-9:30 Thu 6:45
This Is the End (18A) Fri 7-9:30 Sat-Sun 1-3:30-7-9:30 Mon-Thu 7-9:30
World War Z 3D (STC) Thu 9:30

SilverCity Polo Park
815 St. James Street

After Earth (PG) Fri-Sun 12:30-3-5:35-8:05-10:45 Mon-Wed 12:20-2:50-5:20-7:50-10:20 Thu 1:30-4-6:30

Owen Wilson and Vince Vaughn star in The Internship. HANDOUT

Epic (G) Fri 11:50-2:20-4:55 Sat 10:55-2:20-4:55 Sun 11:50-2:20-4:55 Mon-Thu 2-4:35
Epic 3D (G) Fri 7:30-10:05 Sat 11:50-7:30-10:05 Sun 7:30-10:05 Mon-Thu 7:15-9:55
Fast & Furious 6 (14A) Fri 1:40-4:40-7:50-10:55 Sat 10:50-1:40-4:40-7:50-10:55 Sun 1:40-4:40-7:50-10:55 Mon-Thu 1:30-4:30-7:30-10:30
The Great Escape (STC) Mon 7:30 Thu 9
The Hangover Part III (14A) Fri-Sun 1-3:30-6:05-8:30-11:05 Mon-Thu 12:25-3:05-5:40-8:15-10:45
The Internship (PG) Fri 1:55-4:45-7:35-10:30 Sat 11:05-1:55-4:45-7:35-10:30 Sun-Tue 1:55-4:45-7:35-10:30 Wed 4:45-7:35-10:30 Thu 1:55-4:45-7:35-10:30 Star & Strollers Screening Wed 1
Iron Man 3 (PG) Fri-Tue 1:05-10:35 Wed 12:10-9:40 Thu 1:05
Iron Man 3 3D (PG) Fri-Sun 4:15-7:25 Mon 4:15 Tue 4:15-7:25 Wed 3:15 Thu 4:15
Man of Steel (PG) No Passes Fri-Sun 12-9:55 No Passes Mon-Thu 12:05-9:45
Man of Steel 3D (PG) No Passes Fri-Sun 3:25-6:40 No Passes Mon-Thu 3:15-6:30 No Passes Fri-Sun 12:40-3:55-7:10-10:25 No Passes Mon-Thu 12:30-3:45-7:10-15
Man of Steel: An IMAX 3D Experience (PG) No Passes Fri-Sun 4:25-7:40-10:55 No Passes Mon-Thu 4:15-7:30-10:45
Man of Steel: The IMAX Experience (PG) No Passes Fri-Sun 1:10 No Passes Mon-Thu 1
Monsters University 3D (G) No Passes Thu 8-10:40
Mud (PG) Fri-Sat 12:40-3:45-6:55-10 Sun 12:40-3:45-10 Mon-Tue 12:35-3:40-6:55-10 Wed 3:55-6:55 Thu 12:35-3:40 Star & Strollers Screening Wed 1
No One Lives (R) Wed 9:30
Now You See Me (PG) Fri-Sat 1:20-4:10-7-9:50 Sun 1:20-4:10-7-10:30 Mon 1:10-4:10-7:20-10:55 Tue 1:10-4:10-7:10-9:55 Wed 12:55-3:40-6:30-9:50 Thu 1:10-4:10-7:10-9:55
The Purge (14A) Fri 1:25-3:40-6-8:15-10:40 Sat 11:10-1:25-3:40-6-8:15-10:40 Sun 1:25-3:40-6-8:15-10:40 Mon-Thu 1:15-3:30-5:45-8-10:25
Spirit: Stallion of the Cimarron (G) Sat 11
Star Trek Into Darkness (PG) Fri-Sun 1:20-10:50 Mon-Thu 1:20-10:40
Star Trek Into Darkness 3D (PG) Fri-Thu 4:25-7:40
This Is the End (18A) Fri-Sun 12:25-3-5:35-8:20-11 Mon-Thu 12:15-3-5:35-8:10-10:50
World War Z 3D (STC) No Passes Thu 8:15-11
WWE Payback - 2013 (STC) Sun 7

SilverCity St. Vital
110-1225 St Mary's Rd

After Earth (PG) Fri-Sat 12:30-3:10-5:40-8:15-10:45 Sun 12:35-3:10-5:40-8:05-10:30 Mon-Thu 3-5:35-8-10:25
The Cat in the Hat (STC) Sat 11
Epic (G) Fri 1:20 Sat 10:55-1:20 Sun-Thu 1:20
Epic 3D (G) Fri-Sun 4-7-9:35 Mon-Tue 3:50-6:50-9:35 Wed-Thu 4-7-9:35
Fast & Furious 6 (14A) Fri-Sun 12:40-3:40-6:55-10 Mon 1:15-4:05-7-10 Tue 1:15-4:10 Thu 10:15 Fri-Sun 1:30-4:25-7:30-10:40 Mon-Wed 1:40-4:35-7:30-10:30 Thu 12:50-3:45-6:50
The Hangover Part III (14A) Fri-Sat 12:20-2:45-5:25-8:05-10:55 Sun 12:30-2:55-5:25-8-10:25 Mon-Thu 2:55-5:25-7:55-10:20
The Internship (PG) No Passes Fri 2-4:50-7:50-10:35 No Passes Sat 11:15-2-4:50-7:50-10:35 No Passes Sun-Tue 2-4:50-7:50-10:35 No Passes Wed 1:10-3:55-7:20-10:35 No Passes Thu 4:50-7:50-10:35 Star & Strollers Screening, No Passes Thu 1 Iron Man 3 (PG) Fri-Sun 1:10-4:10-7:10-10:10 Mon-Tue 1:10-4:10-7:10-10:05 Wed 1:10-4:10-10:05 Thu 1:10-4:10-7:10
Man of Steel 3D (PG) No Passes Thu 10
Now You See Me (PG) Fri 2:10-4:55-7:40-10:30 Sat 11:30-2:10-4:55-7:40-10:30 Sun 2:10-4:55-7:40-10:25 Mon-Wed 2:10-4:55-7:40-10:30 Thu 4:55-7:40-10:30 Star & Strollers Screening Thu 1
The Purge (14A) No Passes Fri 1:45-3:55-6:15-8:30-10:50 No Passes Sat 11-1:45-3:55-6:15-8:30-10:50 No Passes Sun 1:45-3:55-6:05-8:20-10:40 No Passes Mon-Thu 1:55-4:05-6:15-8:30-10:40
Star Trek Into Darkness (PG) Fri-Sun 1 Mon-Tue 1:20 Wed-Thu 1:15
Star Trek Into Darkness 3D (PG) Fri-Sun 4:15-7:15-10:20 Mon-Thu 4:15-7:15-10:10
This Is the End (18A) Tue 8:05-10:45 Wed-Thu 2:50-5:30-8:05-10:45

LOWEST PRICE
HONDA
Wide selection.
Competitive pricing.
Visit your local participating Honda dealer to find out more.
Honda TIRE SOURCE
GUARANTEE*

*Should you find a lower advertised price within thirty (30) days before or after the purchase of qualifying tires from a participating Honda dealer, present the Honda dealer where you purchased or intend to purchase qualifying tires with proof of the advertised price and they will match the lower price. Offer does not apply to quotes or advertised prices from outside Canada, online auction sites, wholesalers, online retailers that have no physical stores in Canada, closeout/liquidation retailers, advertising errors or misprints or restricted offers. Subject to stock availability. Applies to Michelin, Firestone, Toyo, Goodyear, BFGoodrich, Dunlop, Uniroyal, General Tire, Yokohama and Continental brands only. Qualifying tires must be purchased and installed at a participating Honda dealer in Canada. Advertised item must: (i) be an in-stock brand, excluding Bridgestone, be of the same brand, size, model, sidewall, speed and load rating; (ii) be sold through an authorized retailer located in Canada; and (iii) be in Canadian dollars. Lowest Price Guarantee does not apply to costs associated with labour, valve stems, mounting/balancing, disposal fees and taxes. Some restrictions apply. Offer subject to change or cancellation without notice. Ask your Honda Dealer for details.

Trouble Will Find Me, The National's new album, dropped Tuesday.
GETTY IMAGES

Trouble Will Find The National, but they find beauty within, too

Interview. Aaron Dessner, guitarist for The National, talks about the new album and what it's like working with his brother

PAT HEALY
Metro World News

Aaron Dessner is on drugs. The guitarist for The National had to push back this interview twice because he was visiting the doctor for a stiff neck, an occupational hazard, it turns out.

"I think it might have been from that six-hour Sorrow thing," he says, before adding, "We played the same song for six hours and my back was super tight from that and it never really relaxed."

Dessner, who, along with his brother Bryce, writes most of the music for the band, discusses the band's brilliant new Trouble Will Find Me album, which came out Tuesday.

How did you come to play Sorrow for six hours straight?

It was a collaboration with this Icelandic artist, Ragnar Kjaransson. He had approached MoMA about wanting to collaborate with us. He does a lot of performance art work with musicians. It's kind of all about repetition and how things change through repetition or take on deeper meaning. So he had this very compelling, charming letter that he wrote to us, and for some reason we were in the mood at that very moment, and we were like, "OK." And when we did it, it was amazing, but we were slightly dreading the whole thing.

There's a lot of dual voices going on with this album.

Making a statement

The defining statement of the album seems to be "everything that I love is on the table" from the song, Don't Swallow the Cap. Do you think that's true?

- **Quote.** "I think that's a good point. It's like he's laying it all out there. And I think in a way, lyrically, this record is the most verbose, and the most direct and personal, in places. And in a weird way it pretty much encapsulates everything we've ever done. So, yeah, I think that's fair to say that's a defining line."

We've always used other voices as kind of a silver lining.

The juxtaposition of other voices with Matt Berninger's voice makes Matt's voice richer, in a weird way, and more beautiful. So we're still doing that in this case, and there were a few places where we wanted female voices, kind of as characters, and as colour. So with Sharon (Van Etten) and Nona (Nona Marie Invie) and Annie (Clarke), we're fortunate enough to have all of these friends who have amazing voices, and also Richie (Reed Parry), who's on it, from Arcade Fire.

And we all sing also. I think it's just an evolution of trying to do that more.

You're involved in so much of the music. Do you and your brother have any involvement with the lyrics that Matt Berninger sings?

We do, but not a lot. If there's things that bother us, or if he's having trouble with something, then we'll talk about it.

I was actually there when he was recording a lot of the vocals, so there is some sort of back and forth.

donsphotoltd
@donsphotoltd
Don's Photo
Let's talk photography.
Father's Day Gift Guide!
For Dad, the Explorer
Capture high-quality still images and HD videos in virtually any shooting environment thanks to its fast, super-bright, built-in Olympus iZuiko lens and its quick, super-sensitive CMOS sensor.
OLYMPUS
Olympus XZ-10
Now $349.99
Reg $399.99
For Dad, the Tough Guy
The only rugged camera on the market equipped with an ultra-bright, high-speed f2.0 lens, allowing you to capture dramatic low light and high-speed action shots.
OLYMPUS
Olympus TG-2 IHS
Now $299.99
Reg $379.99
FUJIFILM
With its attractive retro styling, precision milled dials and made-in-Japan quality, the Fujifilm X20 satisfies both the designer and the photographer.
4X zoom lens F2.0 - F2.8!
For Dad, the Urbanite
Fujifilm X20
Now $549.99
Reg $599.99
FUJIFILM
Lightweight, compact and stylish, the X-E1 makes the perfect travel camera, delivering stunning image quality and excellent performance.
18-55mm F2.8-F4.0 lens included!
For Dad, the Globe Trotter
Fujifilm X-E1 18-55mm Kit
Now $1199.99
Reg $1399.99
4 Manitoba Locations To Serve You
Winnipeg 410 Portage Ave. • 31-845 Dakota St. • 1839 Main St.
Brandon 1828 18th St. North
www.donsphoto.com

Old and new

Looking back on her old discs and new projects.

- **New album.** Rosanne Cash has a new album coming out in January. She says it's about the South and her relationship with the region, partially inspired by Arkansas State University restoring her father's boyhood home. "My heart started to swell," she says. The region is "really the bed of where this music came from. The connection to that music is so profound to me."
- **Her last record.** Black Cadillac was a "totally different mindset," she says. "It was such a painful process, painful and liberating. ... This had the richness of going that deep into the past and the future ... and it didn't have the heaviness of heart that Black Cadillac had." She adds, "There's something very celebratory about it, even though some of the songs are very dark."

Rosanne Cash's new album will be out next January. GETTY IMAGES

The Man in Black becomes the Man on the envelope

Music. Rosanne Cash talks about her new album, interacting with fans on Twitter and how her dad will tour again, but in a different way

ALISON BOWEN
Metro World News

An Oscar-nominated film and countless recordings have been created to honour country great Johnny Cash, but this will be the first time he travels the world forever.

Last week, the United States Postal Service unveiled a Forever stamp honouring him in their Music Icons series.

His daughter, Rosanne Cash, says the idea of her father's face adorning letters around the world is an exciting honour.

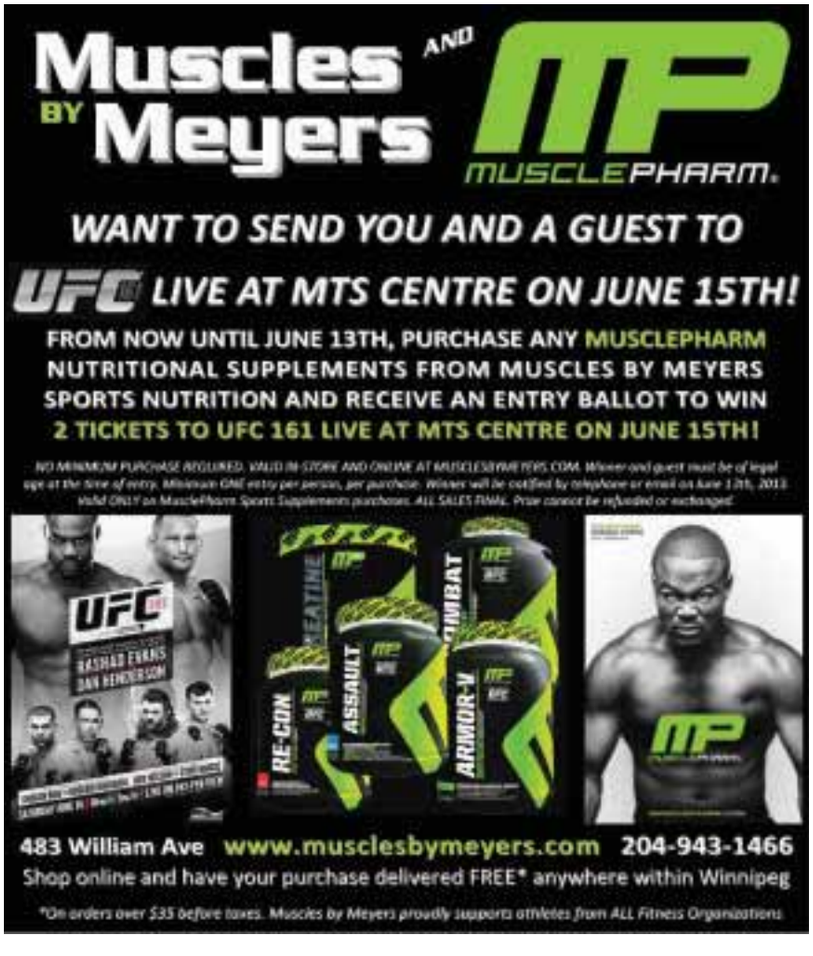
"It would be so special to him," she says. "He's now going to be touring the planet forever. ... And that's what he loved, he loved touring."

She adds, "It's the ultimate American honour, in a way."

Although the stamp was a nod to letters, Rosanne is active on a new communication tool: Twitter, where she interacts as @rosannecash with other musicians, fans and even someone who taught her to knit.

Her father, who never had an email account, would not be tweeting, she says.

"He was such a reflective person, and he enjoyed solitude a lot," she says.


Muscles BY Meyers AND MP MUSCLEPHARM
WANT TO SEND YOU AND A GUEST TO
UFC LIVE AT MTS CENTRE ON JUNE 15TH!
FROM NOW UNTIL JUNE 13TH, PURCHASE ANY MUSCLEPHARM NUTRITIONAL SUPPLEMENTS FROM MUSCLES BY MEYERS SPORTS NUTRITION AND RECEIVE AN ENTRY BALLOT TO WIN 2 TICKETS TO UFC 161 LIVE AT MTS CENTRE ON JUNE 15TH!
NO MINIMUM PURCHASE REQUIRED. VALID IN-STORE AND ONLINE AT MUSCLESBYMEYERS.COM. Winner and guest must be of legal age at the time of entry. Minimum ONE entry per person, per purchase. Winner will be notified by telephone or email on June 13th, 2013. Valid ONLY on MusclePharm Sports Supplements purchases. ALL SALES FINAL. Prize cannot be refunded or exchanged.
UFC
RASHAD EVANS DAN HENDERSON
RE-CON
ASSAULT
ARMOR-V
483 William Ave www.musclesbymeyers.com 204-943-1466
Shop online and have your purchase delivered FREE* anywhere within Winnipeg
*On orders over $35 before taxes. Muscles by Meyers proudly supports athletes from ALL Fitness Organizations

3 songs for the weekend

This week tracks picked from Volto!, Mumdance and Thomas Dolby to confound and confuse preconceptions

SOUND CHECK
Alan Cross
scene@metronews.ca

Grip It/Volta!

There's still no new Tool album in sight, so drummer Danny Carey is passing the time with his new band called Volto! An album called Incinate will be out later this month.

Twist and Turns/ Mumdance

Jack "Mumdance" Adams makes music that incorporates everything from shoegaze to dubstep. It's not for everyone, but it's different.

She Blinded Me with Science/ Thomas Dolby feat. Buzz Aldrin

A live performance of Dolby's 1982 hit with a cameo from the second man on the moon. It doesn't get much geek-cool than this.

You can do that on television

In case no pundit has told you, we're currently in another Golden Age of television. If more proof was needed, then consider that it no longer has the stigma it once did for actors. Hollywood's best thespians have been slowly gravitating toward TV — not just as guest stars, but as regulars.

MATT PRIGGE
Metro World News

Glenn Close

The Shield, Damages

Film history: Since 1982's The World According to Garp, Close has been one of the biggest award-gobblers. She's a six-time Oscar nominee, plus a three-time Tony winner.

Jump to TV: She's also a woman, and today's Hollywood execs don't know what to do with women once they pass 40. Once roles dried up, she appeared first on The Shield, then on Damages, which recently concluded its run. At the time it was unheard of that an actress of her stature would do TV. But now it's clear she was ahead of the curve.

Don Cheadle

House of Lies

Film history: Of many great performances, please note Cheadle's turns in Devil in a Blue Dress, Boogie Nights, Out of Sight and Hotel Rwanda.
Jump to TV: Insanely, it's been awhile since he's had a truly juicy film role. Luckily, on Showtime he's a charmingly ruthless management consultant on House of Lies. Cheadle won a Golden Globe for his work, and the show has just been picked up for a third season.

Christina Ricci

Pan Am

Film history: Child stars and "it" girls don't have long shelf lives. Ricci was both, and perhaps it was inevitable that a series of duds — most notably the Wachowskis brother's Speed Racer, which was too insane for mainstream audiences — would cut down on her film work.
Jump to TV: Like many, she found solace on television. On Pan Am, she played a '60s-era stewardess, in what was a naked attempt to cash in on the Mad Men craze, but with more sex and skimpier outfits. The show started strong but was canceled after 14 episodes.

Kevin Bacon

The Following

Film history: Bacon is so prolific and versatile that there's even a time-waster game called Six Degrees of Kevin Bacon.

Jump to TV: Bacon's wife, Kyra Sedgwick, finally achieved stardom with TV's The Closer. That may be why he teamed up with Scream's Kevin Williamson to play an FBI agent chasing an escaped killer.

Maggie Smith

Downton Abbey

Film history: Though a two-time Oscar winner, it wasn't until she was older that Smith became the icon she is today. That happened when she became the catty dowager in Robert Altman's Gosford Park.

Jump to TV: Re-teaming with Gosford Park screenwriter Julian Fellowes, Smith basically re-created her character — although her countess is far less acid-tongued.

Quoted: "I'm not quite sure what (being a star) means. I am familiar to people now, which is what I was not before. ... That is entirely due to the television set." — CBS

Kevin Costner

Hatfields & McCoys

Film history: Once upon a time Kevin Costner was the biggest movie star in the world. His fall was mighty, although he's rebounded in supporting roles, as in The Upside of Anger.

Jump to TV: If a gig on The History Channel sounds like a worse fate than a box office dud, then consider that the show — about the storied warring families — had huge ratings and garnered 16 Emmy nominations, one of which he won.

Quoted: "I won't make a movie unless I have the ability to do it the way I want." — Telegraph

Peter Sarsgaard

The Killing

Film history: One of the best actors of his generation (and married to another of them, Maggie Gyllenhaal), Sarsgaard is a stealth movie-stealer. The key is that his looks are deceiving: He looks like a nice guy, but underneath he's capable of much more, be that murder (Boys Don't Cry), cool calculation (Shattered Glass) or lies (An Education).

Jump to TV: Meaty Hollywood (or even indie) roles are thin on the ground these days. That's one reason he's now on season three of The Killing, playing a death row inmate soon to be executed for murdering his wife. Alas, that means spending months acting in a tiny cell.

Quoted: "Many of my favourite actors are on television. ... If you want to act with them, you have to be on television." — Metro

WANTED:
Mexican Vacations Still Under $20
"Our Margaritas, they're like a vacation in a glass!"
ENJOY LUNCH OR DINNER ON OUR 60 PERSON PATIO
Express Lunch Entrees $11.99
15 Minutes or it's free!
Express lunch entrees include a complimentary coffee, tea or soft drink.
Don Pedro's
AUTHENTIC MEXICAN GRILL
Main Floor
114 Market Ave.
Downtown in the Exchange District
Ph: 956-7465
www.donpedros.ca
Tues-Thurs 11am to 10pm
Fri 11am-11pm Sat 4pm to 11pm
Closed Sun & Mon
15% OFF
YOUR NEXT BILL OF $50 OR MORE
(excluding taxes and gratuity)
Not valid on Saturdays.
Expires: June 30, 2013
Cannot be combined with any other offers or promotions
Must present this coupon to receive discount

The look of choice on Queen Street West in Toronto Sunday night might well be Thierry Lasry shades and drop-crotch pants as music fans gather for the block party of the year. Crossover K-Pop sensation PSY is sharing hosting duties at MuchMusic's annual MMVA bash along with VJ's Scott Willats and Lauren Toyota. Remember the Gentleman singer's style code: "dress classy to dance cheesy." Set the mood with the Red Carpet special at 8 p.m. ET and then the party airs live on MuchMusic, and on Fuse in the U.S. at 9 p.m. ET. Here's five reasons why you should tune in, or even better, turn up!

MIKE DJOC
scene@metronews.ca

5 reasons to watch this year's MMVAs

Red carpet roll up

Arriving in style is a hallmark of the MMVAs. In past years we've had Billy Talent roll up atop a Second World War era Sherman Tank on loan from an Ontario museum, Simple Plan cruise up in a pink limousine with band members rocking short white shorts and midriff-baring tees, and Katy Perry serving up cool treats in an ice cream truck. When it comes to outlandish entrances, Marianas Trench, who leads the pack this year with six nomination nods, typically takes the cake. In past years, the Vancouver pop-rockers have come to the carpet in a hot tub, human-size hamster balls and even a mobile bouncy house.

Video of the year

This is the biggie. Could it go to nominations leader Marianas Trench for Desperate Measures, where frontman Josh Ramsay channels Tom Cruise circa Risky Business and Toy Story's Woody, or perhaps Drake reliving his coming up days and hamming it up at Shoppers Drug Mart in Started from the Bottom? The other contenders in the mix are Serena Ryder for Stompa, The Weeknd for Wicked Games, and Classified for Inner Ninja.

Taking to the stage

Artists leave it all on the stage at the MMVAs — from Avril Lavigne's cheek-revealing rendition of Complicated back in 2002 (which she had fun with the following year with some intentional mooning action) to Lady Gaga's electric medley a few years back that culminated with fireworks shooting out of her bustier. This year PSY, the master of cheesy dance moves, may treat us to the wild gyrations that accompany Gentleman, his viral smash — the video has more than 400 million YouTube views — or kick it relatively old school by social media standards with Gangnam Style. Regardless, the performance slate for the MMVAs is dripping with hot artists that will keep audiences moving. The lineup includes Demi Lovato, Armin Van Buuren featuring Trevor Guthrie, Ed Sheeran and Marianas Trench.

Billy Talent

The MMVAS have been kind to these Mississauga punk rockers in the past, feting them with 29 nominations and nine wins. But they may want to clear off some shelf space on the mantle. The video for Surprise Surprise is on the ballot in a trio of categories, so they're in spitting distance of surpassing Our Lady Peace's all-time record haul of 10 wins. Who is the queen of the MMVAs? Look no further than Avril Lavigne, who'll notch her fifth MMVA performance (the most of any artist) this year.

Handling hot hardware

Taylor Swift is sticking around town after a pair of sold out shows at the Rogers Centre to hand out an award. Among the presenters joining T-Swizzle in distributing MMVAs to their worthy recipients are a bevy of faces sure to illicit teen squeals when they take the stage: Teen Wolf's alpha heartthrob Tyler Hoechlin, Revenge's Joshua Bowman, Glee's Naya Rivera, Big Bang Theory's Kunal Nayyar, Arrow's Stephen Amell (pictured) and Suits' Patrick J. Adams, to name a few.

ON SUNDAY JUNE 16TH

DON'T JUST WATCH THE MMVAs...

turn it up

AMPLIFY THE SHOW WITH THE SECOND SCREEN EXPERIENCE

MMVA.MUCHMUSIC.COM/TURNITUP

Watch, share and interact with the show.
Access exclusive chats, polls and behind-the-scenes with your favourite celebs. Check back after the show for all the content you want.

COVERGIRL · Herbal essences · Olay fresh effects · Gillette Venus

MUCH

MUCHMUSIC VIDEO AWARDS 2012

SUNDAY
JUNE 16
9E/6P

#turnitup

True Blood stardom means free food perks

Rob Kazinsky. British actor joins cast and talks about experience of shooting U.S. series

NED EHRBAR
Metro World News in Hollywood

This season on True Blood, there's a new faerie in town with Rob Kazinsky's Ben Flynn, a supernatural love interest for Sookie Stackhouse (Anna Paquin).

The British actor is aware his introduction will likely rile some of the show's relationship-obsessed fans, but he's just happy to have a job that comes with free snacks.

So, any trepidation about coming on as a new love interest for Sookie?
I am 100 per cent certain that I am going to be absolutely hated by everyone. Team Eric's going to hate me, Team Bill's going to hate me, Team Alcide — they're all going to absolutely loathe this guy just because he's not them. And I am prepared for that backlash. However I think in time people will come to realize that Ben, for the first time, offers a chance at happiness that none of those guys could ever give her. He is essentially a much more honest and a much more accessible guy than everybody else. But that certainly doesn't mean he's boring.

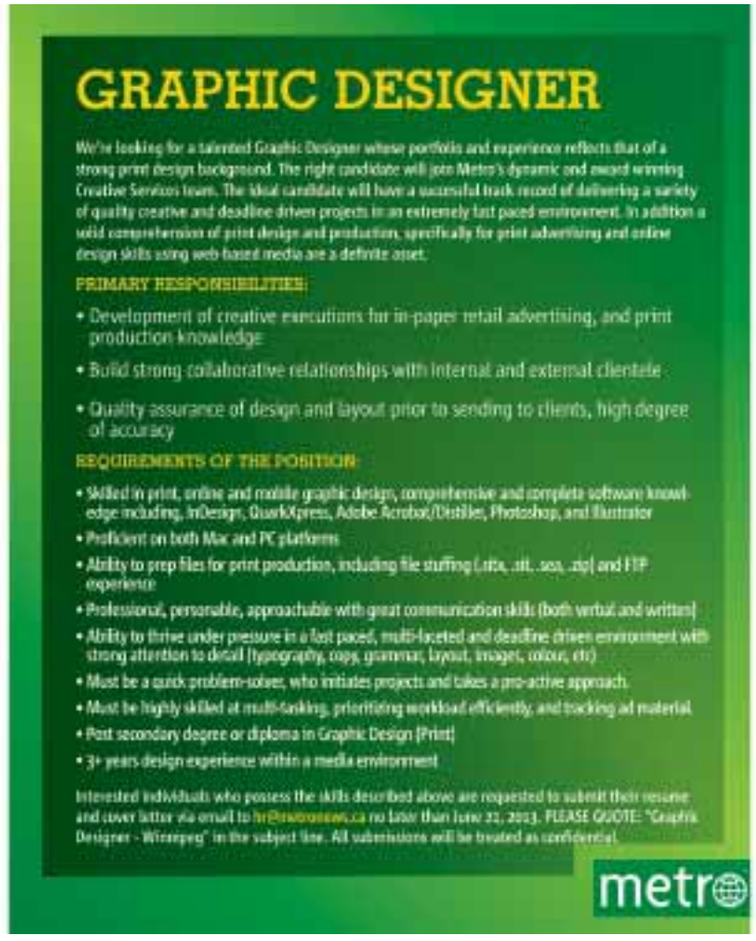
How does this compare to your time on the British soap opera Eastenders?
Different worlds. Vastly different worlds. I did 254 episodes of Eastenders and averaged about 85 episodes a year, shooting anywhere between 30 and 50 pages of dialogue a day. And then this, we're doing 10 episodes a year, so it's a slightly different machine. (laughs) The whole way everything goes on here in America is very, very different to how it's run in England. The biggest difference to me is always craft services. Having free food on set is just the best thing that's ever happened to anybody ever.

Is craft service really not a thing in England?
For the BBC there's no such thing as crafty or free food. At Eastenders there wasn't, anyway. So having doughnuts on set? Wonderful. Fresh fruit all the time? Having a coffee machine instead of having to pay three pounds for your coffee every time you want one? Oh my God, it's great.

This is news to me. I feel like my only exposure to British TV production was Extras, which looked more in line with American setup.
I think that was the idea so that it would be universally sellable. I mean, my experience in England is fairly limited to the soap that I did and the one other TV show I did. The way they do it [in the U.S.], when I did Brothers and Sisters, Law & Order, everything, it's a much easier place to be offset, you know what I mean? There's much more to do when you're not working.

Rob Kazinsky GETTY IMAGES

For you or your dad this Father's Day
GREAT OUTDOORS GIVE-AWAY
June 10 to 16
Enter to WIN a $1000 Shopping Spree
OFFICIAL CONTEST ENTRY FORM
Name
Address
Postal Code
Daytime Phone
Evening Phone
E-mail
Age
GARDEN CITY SHOPPING CENTRE
Winners will be determined by random draw. Subject to Garden City Shopping Centre contest rules. Winners will be notified by phone. No purchase necessary. Some restrictions may apply.
Garden City respects your privacy. We do not rent, sell or trade our mailing lists. The information you provide may be used to keep you informed regarding mall events and promotions. If you wish to be removed from our mailing list, please call (204) 338-7076.
For more details, visit shopgardencity.ca
GARDEN CITY SHOPPING CENTRE
ATTENTION
FEED
BEARS


GRAPHIC DESIGNER
We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. The right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web based media are a definite asset.
PRIMARY RESPONSIBILITIES:
• Development of creative executions for in-paper retail advertising, and print production knowledge
• Build strong collaborative relationships with internal and external clientele
• Quality assurance of design and layout prior to sending to clients, high degree of accuracy
REQUIREMENTS OF THE POSITION:
• Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, InDesign, QuarkXpress, Adobe Acrobat/Distiller, Photoshop, and Illustrator
• Proficient on both Mac and PC platforms
• Ability to prep files for print production, including file stuffing (.sit, .sit, .sea, .zip) and FTP experience
• Professional, personable, approachable with great communication skills (both verbal and written)
• Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
• Must be a quick problem-solver, who initiates projects and takes a pro-active approach
• Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material
• Post secondary degree or diploma in Graphic Design (Print)
• 3+ years design experience within a media environment
Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 21, 2013. PLEASE QUOTE: "Graphic Designer - Winnipeg" in the subject line. All submissions will be treated as confidential.
metro

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber

No room for Bieber, Liam already put a ring on it, Cyrus says

Rumours have been circulating all week that Miley Cyrus and Justin Bieber are becoming more than just friends after they were spotted dancing and looking a "little flirtatious with one another" at a Los Angeles club last weekend, but Cyrus is eager to put such talk to rest. "I'm engaged. I'm engaged. That is impossible," Cyrus tells radio station Hot 99.5, calling in herself to clear the air. Her fiancé, Liam Hemsworth, was notably absent during her night out with Bieber.

Halle Berry. ALL IMAGES GETTY

Martinez may be French, but Berry will have a Yankee doodle boy

Halle Berry is having a boy, and she's having him in the States. At least that's what her fiancé, Olivier Martinez, let slip to People magazine. "My son will be an American, but I remain French," Martinez said during the Champs-Elysées Film Festival in Paris this week. "I remain a Frenchman in America, but I adapt to American culture. I feel good there — but I'm still a foreigner."

The Word

Banal boat duty highlights redundancy of the Royals

ALEXANDRA CAVALLO
Metro World News

Evidence that the Royals are just redundant figureheads: one super important royal duty that the Duchess of Cambridge had to take care of recently included blessing the newest ship in the Princess Cruises fleet.

The only woman capable of such a lofty task, the very pregnant Kate apparently smashed a giant champagne bottle on the cruise ship's helm in order to officially christen it "Royal Princess."

She then said "I name this ship Royal Princess. May God bless her and all who sail in her."

David Cameron must have been off on some sort of other really important business, because we find it hard to believe he would shirk a crucial political event like this of his own volition.

Prince Harry

Rumours of Prince Harry and model are unfounded

It looks like Cressida Bonas can relax: There's reportedly nothing to reports that her rumoured boyfriend, Prince Harry, is "getting close" to model Cara Delevingne, according to E! News. "Everyone is on the wrong track with who she's dating. He's not her type," a source says of Delevingne. "Cara is not dating anyone right now." The 20-year-old model has also been linked to Harry Styles, Leonardo DiCaprio and Justin Bieber.

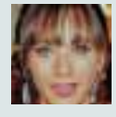
Harry Styles

Take tatt! Styles and Bieber appear to be in an ink war

One Direction's Harry Styles is giving Justin Bieber a run for his money when it comes to accumulating body art. It's tough to say which 19-year-old pop star has more body art at this point, but Styles is at least being a bit bolder with his references: The Brit showed off a pair of George Michael-inspired ankle tattoos while out in Miami this week, according to the Daily Mail. Just above each foot, Styles has the words "Never gonna dance again" inscribed, referencing a lyric from the 1984 Wham! hit Careless Whisper. Your move, Bieber.

Twitter

@billmaher
I am appalled that the government is snooping on me - this must stop! On the other hand, when someone is watching it does make it hotter.



@iamrashidjones
I ate a waffle for dinner, so what. #rebel

@ABFoundation
I want to be honored for my work as a Woman in Film....

CYNOCLUB/VEER

POLISHED AND PRETTY

Brushing your pooch makes it look polished and pretty. But it has many more benefits.

It keeps your dog's coat free of tangles, matts and debris and removes old and shedding hair. It also gives you the opportunity to do a little doggie bonding and helps you learn about your dog's body — you can look and feel for lumps, cuts or scabs, as well as fleas and ticks. Note that this summer, the word is that ticks are out in full force, so be on the lookout.

Make brushing a positive experience for you and your dog by doing it regularly. The dog will get used to it, you will get good at it and there won't be an opportunity for tangles and matts to get out of control and make the process uncomfortable and lengthy.

"Start with a part down the backbone, so you know you're getting all the layers of hair," says Amy Graham, a PetSmart groomer and salon manager in Stoney Creek, Ont. Systematically, move from section to section to ensure you are getting all areas.

"Keep an eye on the dog's skin — if it appears red, he may be getting a brush burn."

Remember to brush gently, confining your brushing to the hair and not the skin as much as possible, especially in sensitive areas.

If you are using a deshedding tool on a shedding breed, "simply run the tool over the dog's coat to remove excess hair."

If the job gets too difficult for you to handle easily it may be time to take your dog for professional grooming.

STOCKLITE/VEER

THE RIGHT TOOLS FOR A HEALTHY COAT

- For double-coated breeds with thick undercoats like collies or collies or chow chows, choose a deshedding tool like a Furminator.
- For long-coated dogs without undercoats, such as poodles, use a slicker brush with short, pin-like bristles and a comb to check for knots and tangles.
- Short-haired dogs like boxers or bulldogs can be brushed with a rubber brush, or use a Furminator if you are trying to help reduce shedding."
- Also have some detangling spray on hand to help with tangles.

MANAGE YOUR DOG'S SHEDDING

In summer, shedding is nature's way of ridding a dog's body of the old, excess hair they grew during winter to insulate their bodies. Shedding also eliminates hair that might be damaged. Pet owners know that cleaning up a dog's shedding hair comes with the territory. Even hypoallergenic dogs like poodles shed a little. But there are ways to reduce shedding and remove hair effectively.

GIVE YOUR PET A BRUSH

Brushing your dog on a regular basis is one of the best ways to reduce hair in your home.

"While all breeds need to be brushed, it's especially important in summer for long-haired breeds with undercoats like golden retrievers, malamutes and huskies to help reduce shedding and cool the dog in summer," says Amy Graham, a groomer and salon manager with PetSmart in Stoney Creek, Ont.

Depending on the breed of your dog, brush at least three times a week — dogs with lots of excess hair will benefit from daily brushing.

BATHE YOUR DOG

This is easier for short-haired breeds without thick undercoats like pugs or labs.

"If your dog is matted or has a thick undercoat, bathing may only make the matting worse or make it difficult to rinse out the shampoo, which is bad for the skin," Graham says. "Leave the tough jobs like these to a groomer."

GET YOUR DOG GROOMED

"Groomers have professional-strength blow dryers and tools to make the job more efficient," Graham says. "A groomer's blow dryer is so strong that it loosens the undercoat, and the groomer can brush during the drying process, something that can't be done easily at home."

Long-coated dogs should go to the groomer every four to six weeks; short-coated dogs every six to eight weeks.

FEED YOUR DOG THE RIGHT DIET

What a dog eats will be reflected in the condition of the animal's coat, so good-quality food aligned to the dog's health needs is essential.

NEW

Introducing

100% Yummy

100% Wholesome Ingredients!

Do you really know what's in your dog's bowl?

Did you know that some leading brands add sugar, dyes or artificial preservatives? **New IAMS® SO GOOD! has 100% wholesome ingredients and nothing else.**

- ✓ **NO Sugar Added**
- ✓ **NO Dyes**
- ✓ **NO Artificial Preservatives**

Check what's in your dog's bowl:
www.whatsreallyinyourbowl.ca

IAMS®
Keep love strong

© 2013 P&G QUA1133832E

The steak house comes to dad this Father's Day

Dinner. Cook this twist on the Batman and Robin of manly fare — steak and potatoes

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4 tbsp extra-virgin olive oil
- 2 medium russet potatoes, peeled and coarsely grated, preferably using the grating disk of a food processor
- Kosher salt and black pepper
- 1 medium shallot, minced
- 1 tbsp white wine vinegar
- 2 tbsp dry white wine
- 2 tsp dried tarragon
- 6 oz 1/3-less fat cream cheese (Neufchatel)
- 1 1/2 lbs flank steak, trimmed of any visible fat
- 1 1/2 lbs baby spinach leaves
- 2 cloves garlic, minced
- 2 tsp chopped fresh tarragon

1. Heat the oven to 350 F.

2. In a large nonstick skillet over medium-high, heat 1 tablespoon of the oil. Add the grated potatoes, pressing them down with a spatula, then reduce the heat to medium and cook until golden brown on the bottom, 10 to 12 minutes. Remove the skillet from the heat. Set a large dinner plate over the skillet, then invert to transfer the potatoes, browned side up, onto the plate.

3. Return the skillet to the heat and add another 1/2 tablespoon of oil. Slide the potatoes back into the skillet, browned side up. Cook until golden brown on the second side, about another 10 minutes. Season with salt and pepper, then transfer to a sheet pan and place in the oven to keep warm.

4. Meanwhile, in a small saucepan over medium-high, combine the shallot, vinegar, white wine, tarragon, a hefty pinch of salt and a few grinds of pepper. Bring to a boil, then reduce heat to simmer. Cook gently until reduced to about 1 tablespoon. Add the cream cheese, 1 tablespoon at a time, whisking each until incorporated. Whisk in 2 tablespoons water, then set aside.

5. Wipe out the skillet, add 1 tablespoon of the remaining oil and heat it over medium-high. Pat the steak dry, sprinkle it on both sides with salt and pepper, then add it to the skillet. Cook the steak to desired doneness, 4 to 5 minutes per side for medium rare, then transfer it to a platter, cover it loosely with foil and let it rest for 5 minutes.

6. While the steak is resting, add a tablespoon of the oil to the skillet and reduce the heat to medium. Add the spinach in 4 batches, adding more as each batch cooks down slightly. Add the remaining 1/2 tablespoon of oil after the first 2 batches of spinach. Cook until the spinach is just wilted, then add the garlic and salt and pepper to taste. Cook for another minute, then keep warm on low heat.

7. Remove the potato pancake from the oven and cut it into 6 wedges. Slice the steak thinly at an angle against the grain. Add the juices from the resting steak to the sauce along with the fresh tarragon, and additional water, if necessary, to reach the desired consistency. Warm the sauce over medium heat just until hot.

8. Transfer a potato wedge, a mound of spinach and some of the steak to each of 6 serving plates. Drizzle the sauce over each portion of steak and serve immediately. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Liquid Assets

A glass of inspiration

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

One of my resolutions for 2013 was to barbecue better. I've spent too many years tossing burgers on the grill and turning back to my glass while they slowly turn into charcoal.

For inspiration, I've looked to Argentina. It's a country where grilling is more than a cooking philosophy, it's a way of life.

While beef is king at an asado, the Argentinean term for barbecue, a typical grilled menu can cover a number of courses featuring a variety of meat cuts including organs that Canadians find an acquired taste. Chitlins anyone?

Nothing washes down all that protein better than a glass of red wine, which is one of the reasons why malbec is the star of Argentina's wine industry.

The grape produces deep, dark wines with varying levels of spiciness that pair perfectly with accretive flavours (like those found in barbecue sauces) and helps massage the meat.

Bodegas Catena Zapata is one of the country's most celebrated vineyards. Its 2011 Alamos Malbec ($13.95 to $14.99) is a balanced red with ripe berry fruit and a flowing black pepper trail.

Pass the sweetbreads. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

WINNIPEG TECHNICAL COLLEGE

THE UNIVERSITY OF WINNIPEG

SPICE UP YOUR CAREER

Restaurant & Food Services Entrepreneurship Diploma Program

Winnipeg Technical College (WTC) and The University of Winnipeg (UWinnipeg) have joined forces to create a new full-time program that will equip entrepreneurs with the hands-on skills and business acumen necessary to start or manage their own restaurant or food service establishment.

wtc.mb.ca
204.989.6500

REGISTER NOW
Program starts September 2013

uwinnipeg.ca
204.786.9872

Modern dad Chris Pegula, sporting a DiaperDude bag, and his son Cole. AP PHOTO

Moms everywhere hail the dawn of the modern-day dad

Joint effort. The days of one-sided parenting appear to be a thing of the past as new age fathers everywhere step up to the plate

Laura Radocaj of Vero Beach, Fla., was warned when she was pregnant with twins that motherhood would be harder than she imagined — especially because she planned to go back to work while the twins were still babies. "But this has been the easiest transition," said Radocaj, 28, who works from home in corporate communications. So what's her secret?

Her husband, Marco, also 28, puts in just as much time with child care and housework as she does, even though he works full-time for an air-conditioning company. "If your partner is splitting things 50-50, it's easy," said Laura. "Before, when everyone made motherhood seem like such a big deal, men weren't chipping in as much."

Something is changing with today's young fathers. By their own accounts, by their wives' testimonies, and according to time-use studies and other statistics, more men are doing more around the house, from packing school lunches and doing laundry to getting up in the middle of the night with a screaming infant.

"If it's not my job, then it's her job, and that wouldn't be fair," said Marco.

But it's not just about sharing chores. For dads in their 20s and 30s, being an involved father is part of their identity. They blog about changing diapers, they chat nonchalantly with colleagues about breast-feeding, and they trade recipes for baby food while working out with guys at the gym.

For their part, the new dads say they want things divided equally. Fatherhood, says Jeremy Foster, 37, of Kansas City, Mo., has gone from a "provide, protect scenario, to a team effort, especially nowadays with couples raising children where both work full time."

Light bulb moment

"They (the baby bags) were so feminine, there was no way in hell I was going to carry one of them."

Founder of DiaperDude bags Chris Pegula
On what first got him thinking about making baby bags for fathers.

Foster and his wife also have his-and-her diaper bags — hers with a floral pattern, his a grey-and-orange messenger bag from DiaperDude.com. The company was founded 10 years ago by Chris Pegula of Santa Monica, Calif., a father of three who was put off by his wife's taste in diaper bags.

"They (the baby bags) were so feminine, there was no way in hell I was going to carry one of them," said Pegula, now 41. "They had colourful stripes and flowers and leopard prints. They were basically purses. I went to look for a bag for myself but there wasn't anything on the market in a dad category." Diaper Dude now sells dozens of styles designed to appeal to men, from camouflage prints to bags with baseball team logos.

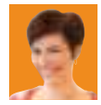
Part of why dads are doing more around the house may be that women are doing more in the workplace. A study from the Pew Research Center this month found that mothers are the breadwinners in a record 40 per cent of families.

At the same time, the number of stay-at-home dads is twice what it was 10 years ago — though still a relatively small number at 176,000. And in two-thirds of married couples with children under 18, both parents work, according to the U.S. Census.

THE ASSOCIATED PRESS

Pepto-Bismol Chewables To-Go.
Chewables
The Power of
PEPTO
now in your pocket.
Relief of heartburn, indigestion, nausea, upset stomach and diarrhea. To make sure this product is right for you, always read and follow indications.
© Procter & Gamble, Inc., 2013 PHC-12284

Each year in Canada, all of the grocers, manufacturers and chefs gather at the SIAL show in Toronto or Montreal to swap secrets about where our plates are going. The interesting thing this year is that most of what is "new" is actually very ancient, we are simply catching up.



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

5 fascinating food trends

Agave powder

We know that agave is one of the better sweeteners, since it won't spike your blood sugar. But, man, is it a pain to carry a liquid syrup around or hope your chosen coffee place has some, or what?! Now a brand called Switter is launching a powdered version. It has none of the bitter aftertaste of all the other "better for you" sweeteners. One teaspoon contains 20 low glycemic calories, but they are tasty.

Cocoa butter

No longer content to ride the coat tails of its fraternal twin, cocoa powder, cocoa butter wanted its turn in the limelight. It is a byproduct of our worldwide insatiable desire for chocolate, but the slippery substance is now available as a cooking product. Mycryo has freeze dried the oil into a powder that instantly and safely emulsifies in the pan to sear foods at high heat without altering the flavour. Cocoa butter has a neutral effect on cholesterol, so it is a better frying fat than butter. How cool is that?

Coconut water

Coconut water has thus far been the hydration of choice while donning hot yoga wear and sweating it out. Now Jax Coco (contained in a sexy bottle designed by Stella McCartney) is being sold in swanky nightclubs (the other chic and dehydrating place in our culture).

Seaweed noodles

It is the original health food, as seaweed contains all the minerals on planet earth (well, under the earth. Well, you know...). Until now, all that was available was nori to make sushi or a few packaged snacks. SeaSnax Oodles come in easy to use pouches and are fully ready to be sprinkled with a little soy and enjoyed. They aren't quite neutral in flavour enough to masquerade as pasta but if you are in an Asian cuisine mood, they are perfect.

Chocolate covered quinoa

A big trend this year is chocolate covered healthy stuff. We all know nuts, beans and quinoa are good for us, so why not cover them in cocoa? Peruvian Harvest has an entire line of the stuff. The candy coated cocoa nibs have been around for millennia and chocolate covered quinoa, the ancient grain, is very taste bud friendly.

ISTOCK

Bothered by Persistent Dryness of the Scalp?

Even if you experience only slight to mild dryness of the scalp, you may qualify to participate in a research study. Hill Top Research is seeking women, ages 18 to 60, to participate in a clinical research study testing marketed and investigational shampoos' abilities to moisturize the scalp.

You may qualify if you:

- Are Female, 18—60 years old
- Have slight to mild dryness of the scalp
- Can attend 14 study visits

Qualified Participants May Receive Up To $525

For More Information:

Follow us on facebook and twitter for up-to-date information on study opportunities

Call Today
204-480-7426
or email us at studies@hill-top.com

HILL TOP RESEARCH

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

MORE THAN A BULK FOOD STORE

SCOOP & SAVE HEALTH FOODS

From left, Vicky, Liz, Rick, Cherise and Stella.

CONTRIBUTED

Over the past 30 years, Scoop & Save Health Foods has gone from a small, one-person operation to a substantial health food and bulk food store with a celebrated provincewide reputation.

Scoop & Save opened as a small bulk food store in 1983. In 1992, the business moved to a bigger location, expanding both the bulk food and supplement line.

Rick and Min Drury took over in 2004, and expanded yet again in 2009. The store now features 4,000 square feet of vitamins and supplements, specialty diet items, organic grains and flours, gluten free products, natural cleaning products, and personal care items.

They work with more than 100 different suppliers to ensure they can provide the best quality and the lowest prices. Plus, they will match competitors' advertised pricing, and also accept competitors' coupons.

"We're reasonably priced because we want people to be healthy," Rick says. "I guarantee we have the best prices in town."

Scoop & Save is always on top of the latest health food trends. Some of the hottest items in stock are weight loss products like raspberry ketone, green coffee bean extract, and garcinia cambogia, and the joint relief product SierraSil.

But not everything in health food stores is a trend: Rick thinks gluten-free products are here to stay, and are only gaining popularity as more and more people make the decision to go gluten-free. Before the expansion, they couldn't keep up with the demand for gluten-free items, but the expansion gave them the space to install three new freezers for frozen gluten-free items like breads, buns, pizzas, and more.

For Rick, helping people is his passion. He has worked in retail for years, and has also worked as a counsellor with youth and developmentally delayed adults.

Join the Drurys and their incredible staff on June 15 at Scoop & Save Health Foods' 30th anniversary celebrations. Festivities include a grand prize draw for a night at the Inn at the Forks, including a luxury room, dinner for two, a spa package, and breakfast.

Scoop & Save Natural Health Foods is located at 3133 Portage Ave. For more, see scoopandsave.com or call 204-888-1967.

– Ashleigh Mattern

Congratulations
to Scoop N Save from The Westhaven
HOLIDAY
3033 PORTAGE AVENUE, WINNIPEG, MB R3K 2E3
CALL US 800-792-1827

CONGRATULATIONS
to Scoop and Save
NOW Foods is an award-winning and highly respected manufacturer of vitamins, minerals, dietary supplements, natural foods and health related products.
on your
30th Anniversary
from your friends at:
NOW®
JUST JUICE

STAFF IS THERE FOR YOU

CONTRIBUTED

Finding the right products to manage health issues can be as easy as stopping by your local health food store. At stores like Scoop & Save Health Foods, the staff is well versed in common issues such as joint pain, gluten sensitivities, and, for women, menopause.

Millions of Canadians suffer from joint pain, and it can hit anyone from the athletic to the aging due to conditions like arthritis, bursitis, strains, sprains, and other injuries. Joints provide support and help you move. Damage to the joint can cause pain every time you use it, and any joint can be affected.

Physical therapy is recommended and some patients find relief from products found at health food stores like Scoop & Save, like glucosamine and chondroitin supplements, or the newer product SierraSil.

For years, celiac disease and other gluten sensitivities have gone under-diagnosed, and a gluten-free diet is gaining popularity as more people realize the benefits.

Grains like wheat, barley, and rye contain gluten, a protein that causes inflammation in the small intestines in people with celiac disease, and a variety of symptoms in people with non-celiac gluten sensitivity.

Avoiding wheat can be tricky, but thanks to places like Scoop & Save, following a gluten-free diet is easier than ever. The store stocks many gluten-free free items so you can create a well-rounded diet.

Half of the human population has to deal with menopause eventually. The change to the female body at this time can cause many uncomfortable effects, including hot flashes, night sweats, increased stress, forgetfulness, and mood changes.

Luckily, there are natural products available at stores like Scoop & Save to help ease the transition. Naka's Nutri Meno is a liquid formula that only needs to be taken once daily, and Prairie Naturals MenoSense is a capsule that needs to be taken two times daily.

The staff at Scoop & Save are knowledgeable about the hundreds of products available to improve your health. No matter your health issue, they will have friendly advice to help you out. *– Ashleigh Mattern*

A1 nutrition
Happy 30th Anniversary from the Management & Staff at A1 Nutrition – Grant Park
GRANT PARK SHOPPING CENTRE,
350-1120 GRANT AVENUE PH: 475-7522
www.a1nutritiongrant.com

SOLBERRY
Seabuckthorn for Health and Beauty
• 100% pure. 100% local
• Look for a burst of Manitoba sunshine in every bottle of Solberry. Ask your local retailer.
Scoop & Save Natural Health Foods
3133 Portage Avenue "So much more than a bulk food store"

SAVE 25%
Bernard Jensen
Celebrating 50 Years Since 1963
Black Cherry Concentrate
Available at
Scoop and Save Natural Health Foods
3133 Portage Ave.

Happy 30th!
from River City Herbals
WWW.RIVERCITYHERBALS.COM

Scoop & Save
Natural Health Foods
3133 Portage Avenue
"So much more than a bulk food store"

Come and join us in
celebrating our 30th anniversary
on June 15th

ENTER TO WIN: A 'STAYCATION' AT INN AT THE FORKS valued at $570 provided by NOW Foods, 2 IPAD MINIS from Prairie Naturals and Preferred Nutrition, A FIRE PIT from Renew Life, A MAGIC BULLET PACKAGE from Natural Factors and LOTS MORE RESTAURANT GIFT CARDS AND GIFT BAGS.

Pick any 2 products in the store and get 20% OFF (Saturday Only). FIRST 200 CUSTOMERS WILL RECEIVE A GIFT BAG filled with samples, books and more.

THANK YOU TO ALL OF OUR PARTICIPATING SUPPLIERS.

CONTRIBUTED

10 HEALTH FOOD TRENDS

Everyone wants to feel good, and "people are increasingly taking responsibility for their own health," says Rick Drury, owner of Scoop & Save Health Food Store.

He says customers often come into his store armed with information they have found online or elsewhere, as well as questions they have about a health issue. They have seen their doctors, Drury says, but still aren't satisfied.

Here are today's 10 top health food trends.

1 Alternative medicine: Consumers are embracing new and natural ways to deal with some of their health issues.

2 Digestive issues solutions: Enzymes, which help break down food and convert it properly, are big sellers, as are probiotics, which put good bacteria into your system.

3 Gluten free diet: This diet excludes the protein gluten, which is found in grains such as wheat, barley and rye. This diet is used to treat celiac disease but other people are adopting it as well because they believe it is healthier.

4 Chia seeds: This "superfood" contains many nutrients including fibre and omega-3s, as well as protein and minerals. Sprinkle it on cereal or add it to a smoothie.

5 Fatty acids such as omega-3 and 6 in soft gels. These oils are important for all systems of the body including skin, the brain and other organs.

6 Coconut products: The Dr. Oz Show gives coconut oil a thumbs-up as a heart-healthy food that can keep your body running smoother in several ways, such as increasing resistance to illness. Topically, it may help prevent wrinkles and is good for dry skin and hair. Drury recommends coconut water for elderly people who are not eating properly.

7 Organic: A sought-after category of food, be sure it is certified organic.

8 Fibre: Scoop & Save Health Food Store carries 28 different kinds of beans, which are high in fibre. With pasta, bread and rice, always choose the whole grain or whole wheat version when there is a choice.

9 Specially raised protein foods: Scoop & Save Health Food Store carries free range beef and bison in its frozen section along with "fish caught way up north in pristine lakes."

10 Less garbage: Consumers are looking for ways to reduce food waste and packaging. Shopping at bulk stores and bringing bags and containers from home help.

– Ylva Van Buuren

4EVERFIT 100% Natural FRUIT BLAST™
is the highest quality, best-absorbed natural whey protein isolate drink mix available! Instantly refreshing and energizing with 21 grams of protein per serving. Natural fruit flavours. Sweetened only with stevia. Available in 908g / 454g

- 100 % Natural Whey Protein Isolate
- 21 Grams of Protein
- Low Carb
- Gluten-Free
- Mixes Easily with Water

IDEAL FOR WEIGHT LOSS

Scoop & Save Natural Health Foods
3133 Portage Avenue "So much more than a bulk food store"

Ecotrend
ECOLOGICS

Warm Wishes & Congratulations
TO 30 YEARS IN BUSINESS
from Ecotrend Distributors

SierraSil®

HEALTH YOU CAN FEEL™

Congratulations *Rick and the Scoop & Save team* on 30 years of service. Helping Winnipegers be healthier and more active is a passion that we share. We look forward to continuing that tradition with Scoop & Save!

SierraSil® products - natural, patented, pain relief. The choice of Charles Adler and thousands more here in Manitoba.

YOU CAN BE A PGX WINNER!
SEE STORE FOR DETAILS OR GO TO NATURALFACTORS.COM

Natural Factors congratulates Rick and all the Staff at Scoop & Save on their 30th Anniversary.

PGX WINNER

Scoop & Save Natural Health Foods
3133 Portage Avenue "So much more than a bulk food store"

Happy 30th Anniversary

Kyolic®
Aged Garlic Extract™

AVAILABLE AT SCOOP AND SAVE HEALTH FOOD STORE.

Scoop & Save Natural Health Foods
3133 Portage Avenue "So much more than a bulk food store"

WAYS TO REACH WEIGHT LOSS GOALS

There aren't any magic pills for weight loss, says Rick Drury, owner of Scoop & Save Health Food Store. But there are weight loss aids available in health food stores that can help.

"First, we talk to customers about their weight to find out what they eat, when and how much? Are they emotional eaters? Do they eat at night?"

Then there are different ways to curtail eating and reach weight loss goals:

• First and foremost, get regular exercise every day and be conscious of how much food you eat. Try to lower high fat choices.

• Before meals and in the evening, take a fibre supplement such as PGX to fill up your stomach so you don't feel like you are hungry and snack late at night.

• Balance energy so you don't get cravings by eating small, healthy snack-size meals throughout the day. For example, a handful of almonds is a great snack, or try South American golden berries, which are from the gooseberry family and are high in vitamin A.

• Green Coffee Bean Extract is a carbohydrate blocker that will help block carbohydrates from being absorbed, Drury says.

• Raspberry ketones speed up metabolism so you burn fat. Talk to your health food retailer about this product and how to use it properly.

• Many consumers are exploring gluten-free eating. While there is no scientific evidence, some experts believe removing gluten from your diet may help weight loss.

• Drink lots of water to stay hydrated and to feel full.

– Ylva Van Buuren

CONTRIBUTED

Scoop & Save
Natural Health Foods
30th Anniversary Celebration!
Come and meet the friendly staff at Scoop & Save and get a FREE Naka Tote Bag with your purchase!*
naka
www.NakaHerbs.com
3133 Portage Ave. Tel: 204-888-1967
www.scoopandsave.com
* While supplies last

MEDI C PLUS
Vitamin C & L-Lysine Formula
What to expect from this product:
• Produces healthy collagen
• Dissolves cholesterol deposits
• Reduces the risk of cardiovascular disease
• Increases blood flow to coronary arteries
• Prevents formation of free radicals
Medi-C Plus
Scoop & Save
Natural Health Foods
3133 Portage Ave.
"So much more than a bulk food store"

The survey says

Canadians back NHL's visor rule

A new poll suggests a majority of Canadians support the NHL's decision to make visors mandatory for incoming players.

Four out of five people surveyed in a Canadian Press Harris-Decima poll said they agreed with the new proposal.

Some 52 per cent strongly agreed with the new rule, which still needs to be approved by the NHL board of governors, while 28 per cent somewhat agreed.

Only eight per cent disagreed with the change.

THE CANADIAN PRESS

NHL

Stars prospect Winkler dead at 23

Dallas Stars prospect Scott Winkler has died in his home country of Norway after recently completing his senior season at Colorado College. He was 23.

School officials said in a news release that Winkler died unexpectedly Wednesday at his parents' home. The native of Asker, Norway, was a third-round pick by the Stars in 2008.

And the Edmonton Oilers say they have been unable to confirm reports that one of the team's prospects is missing and has possibly drowned. The Oilers put out a statement Thursday saying they were aware of reports Kristians Pelss was unaccounted for in his home country, Latvia, but were unable to confirm conflicting information in that country's media.

THE CANADIAN PRESS

NHL

Penguins hold onto dynamic duo

The Pittsburgh Penguins are keeping hockey's best one-two punch together through their primes.

The Penguins and forward Evgeni Malkin agreed to an eight-year deal that will keep him and Sidney Crosby in the fold well into the next decade.

The $76-million deal begins with the 2014-15 season and carries and average salary cap hit of $9.5 million, a little bit less than the $10.6 million Crosby will average over the first nine years of the 12-year extension he signed last summer.

THE ASSOCIATED PRESS

Rashad Evans, left, seen here during his February loss to Rogerio Nogueira in Las Vegas, is looking to get back on track to another light heavyweight title shot this weekend at UFC 161 in Winnipeg. Evans will square off against Dan Henderson in Saturday night's main event. ERIC JAMISON/THE CANADIAN PRESS

Evans knows his enemy at UFC 161

MMA. Light heavyweight respects Henderson, but ready to do battle in Winnipeg

Rashad Evans says it will be a little crazy looking across the cage on Saturday at Dan Henderson, a veteran fighter he has followed for years.

"I have a tremendous amount of respect for Dan and it's going to be fun because I've watched his style for a long time," Evans said on Thursday.

"I kind of modelled my style after his a little bit."

Evans, with an MMA record of 22-3-1 and a UFC record of 12-3-1, is still predicting a win when the light heavyweights meet at UFC 161.

He's coming off losses to Jon Jones and Rogerio Noguiera, who was to be in one of the cancelled fights on Saturday that bumped Evans-Henderson into the main-event slot.

"Speed I think is going to be the biggest factor in this fight," he added.

Both are former champions who would like to get another title shot, although neither was begging for one Thursday.

"Eventually, I beat enough people, I do it impressively enough, they're going to want to give me a title shot," Evans said.

Henderson, 42 to Evans' 33, is looking to improve on his MMA record of 29-9. He has a UFC record of 6-3 that dates all the way back to UFC 17 in 1998 and lost his last fight in a split decision to Lyoto Machida in February.

He knows what to expect from Evans.

"I think it's going to be a war. He's quick and dangerous on his feet and a good wrestler," Henderson said.

"He mixes up things real well sometimes and I plan on staying in his face and hitting him hard and expecting that he'll try and take me down after that."

Henderson has a reputation as a great puncher, but Evans says he can hold his own.

"I believe I have a heavier punch but Dan Henderson, his punch is legendary. He's silenced a lot of people with the H bomb."

Even though it's now a main event, the fight remains at three rounds and not the usual five. Henderson said he's decided he's content with that.

The other fights on the main card include a heavyweight matchup between Roy Nelson of Las Vegas and Stipe Miocic of Independence, Ohio, and a light heavyweight battle between Edmonton's Ryan Jimmo and Igor Pokrajac of Zagreb, Croatia.

It will also feature the first women's fight in Canada between Ontario's Alexis Davis and Rosi Sexton from Manchester, England. THE CANADIAN PRESS

Yeah, we know

"Chilly is an understatement. It was the coldest experience I've had in my life."

Rashad Evans, who is making his second-ever trip to Winnipeg for UFC 161. Evans, a native of Boca Raton, Fla., first visited the city during filming for the movie Lockdown, which was shot in the middle of the Manitoba winter.

Hard to get a healthy card

No Canuck luck for UFC's White

The Winnipeg card took its first hit several weeks ago when the main event featuring interim bantamweight champion Renan Barao and Eddie Wineland fell apart after Barao injured his foot.

It took another blow when the co-main event featuring former light-heavyweight champion Mauricio (Shogun) Rua and Rogerio Nogueira was called off after Nogueira pulled out due to injury.

UFC also struggled with injuries that depleted a card in Calgary last year.

UFC president Dana White, in town for the fight, said last year was the worst in 13 years of history for the organization.

WINNIPEG HYUNDAI
SUMMER SAVINGS

$225 BI-WKLY ALL IN
2013 Santa FE STK# 86011
AWD, PREMIUM, LOW KMS, WITH CPO PROGRAM, 1 YEAR XTRA WARRANTY $28,955

$102 BI-WKLY ALL IN
2010 Accent GL STK# 23471A
SEDAN $10,998

$137 BI-WKLY ALL IN
2012 Elantra Touring GL STK# 86014
4 DR SEDAN $16,995

$210 BI-WKLY ALL IN
2012 Genesis Coupe STK# 86014
Only $149 B/W PLUS TAXES

$148 BI-WKLY ALL IN
2007 Hyundai Tiburon GL Sport STK# 23548A
$148 BI WEEKLY ALL IN, (48 MONTH TERM 9%) $10,998

WINNIPEG HYUNDAI

WINNIPEG HYUNDAI IS LOOKING FOR PROFESSIONAL SALES CONSULTANTS
For a growing dealership, if you are outgoing and have experience in customer relations please email us at JSTERNAT@WINNIPEGHYUNDAI.CA

3700 Portage Ave (204)318-3180
winnipeghyundai.com

ALL PAYMENTS BASED ON 6.99% 0 DOWN
72 AND 84 MTH TERMS AT 6.99%

Bombers transit 'will improve,' COO says

CFL. Miscalculations nearly across the board led to havoc at first pre-season game at Investors Group Field

ELISHA DACEY
elisha.dacey@metronews.ca

Winnipeg Transit and the Winnipeg Football Club say they've heard the criticisms loud and clear after what was described widely as a transportation fiasco that greeted fans to the first pre-season Winnipeg Blue Bombers game at Investors Group Field on Wednesday.

Bombers president Garth Buchko said fans did nothing wrong. "Our fans got it right. They carpooled, they came by bike, they used transit ... (but) still there were issues with congestion.

"We feel for the fans. All of our meetings are focused on getting this right for the fans."

Winnipeg Transit director Dave Wardrop said the game-day plan called for "approximately 5,200 people (to take the bus) and we had prepared a response for that."

Instead, 8,500 people took transit, filling up the 75 chartered buses for the event. Transit brought in 24 more buses to shuttle people home, he added.

As a result of the delays, about 25 per cent of concession staff did not make it to their jobs on time, said Buchko, which contributed to big delays at some food and beer vending booths. In addition, there were 700 bikes for 400 spots in the bike corral.

Bombers COO Jim Bell said they hope to move quickly to address the issues. "We will improve. We will improve every step of the way."

Fans walk the concourse level at Investors Group Field before Wednesday night's pre-season CFL game between the Blue Bombers and the Toronto Argonauts.
TREVOR HAGAN/THE CANADIAN PRESS

CFL pre-season

Ticats impressive in opener vs. Als

Lindsay Lamar scored on an 88-yard punt return as the Hamilton Tiger-Cats held on for a 33-26 win over the Montreal Alouettes on Thursday night in the CFL pre-season opener for both teams.

Hamilton quarterback Dan LeFevour threw a 25-yard touchdown pass to Chevon Walker just before half-time and Delbert Alvarado kicked three field goals in the first half.

Ticats QB Jeremiah Masoli scored on a one-yard run 1:13 into the fourth quarter to put Hamilton up 33-12 in front of a Percival Molson Stadium crowd of 20,174.

Quinton Porter threw a pair of touchdown passes as Montreal mounted a comeback bid. THE CANADIAN PRESS

Tiger-Cats quarterback Dan LeFevour THE CANADIAN PRESS

NHL PLAYOFFS

STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Chicago leads series 1-0)
Wednesday's result
Chicago 4 Boston 3 (3OT)
Saturday's game
Boston at Chicago, 8 p.m.
Monday's game
Chicago at Boston, 8 p.m.
Wednesday, June 19
Chicago at Boston, 8 p.m.

LATE WEDNESDAY

HAWKS 4, BRUINS 3 (3OT)
First Period
1. Boston, Lucic 4 (Horton, Krejci) 13:11
Penalties — None.
Second Period
2. Boston, Lucic 5 (Krejci) :51
3. Chicago, Saad 1 (Hossa) 3:08
Penalties — Horton Bos (interference) 7:37, Bench Bos (too many men") 8:20, Chara Bos (high-sticking) 12:53.
Third Period
4. Boston, Bergeron 6 (Seguin, Lucic) 6:09 (pp)
5. Chicago, Bolland 1 (Shaw) 8:00
6. Chicago, Oduya 3 (Kruger, Frolik) 12:14
Penalties — Frolik Chi (tripping) 5:51.
Overtime — No Scoring
Penalties — Bench Chi (too many men) 12:08.
Overtime — No Scoring
Penalties — Bench Chi (too many men") 19:07.
Overtime
7. Chicago, Shaw 5 (Bolland, Rozsival) 12:08
Penalties — None.
Shots

Boston	11	6	8	12	10—54
Chicago	8	16	15	8	10—63

Goal — Boston: Rask (L, 12-5).
Chicago: Crawford (W, 13-5).
Power plays (goal-chances) — Boston: 1-3.
Chicago: 0-3.
Att. — 22,110 (United Center).

NBA PLAYOFFS

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 2-1)
Thursday's result
Miami at San Antonio
Tuesday's result
San Antonio 113 Miami 77
Sunday's game
Miami at San Antonio, 8 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	41	26	.612	—
Baltimore	37	29	.561	3½
New York	37	29	.561	3½
Tampa Bay	35	30	.538	5
Toronto	28	36	.438	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	36	28	.563	—
Cleveland	32	33	.492	4½
Kansas City	30	33	.476	5½
Minnesota	29	33	.468	6
Chicago	28	35	.444	7½

WEST DIVISION

	W	L	Pct	GB
Oakland	41	27	.603	—
Texas	38	27	.585	1½
Seattle	29	38	.433	11½
Los Angeles	28	38	.424	12
Houston	23	44	.343	17½

Thursday's results
Oakland 3 N.Y. Yankees 2 (18)
Boston at Baltimore
Kansas City at Tampa Bay
Toronto at Texas
Philadelphia at Minnesota
Wednesday's results
L.A. Angels 9 Baltimore 5
Kansas City 3 Detroit 2 (10)
Boston 2 Tampa Bay 1
Cleveland 5 Texas 2
Minnesota 4 Philadelphia 3
Toronto at Chicago White Sox, postponed
Oakland 5 N.Y. Yankees 2
Houston 6 Seattle 1
Friday's games
All times Eastern
Washington (Gonzalez 3-3) at Cleveland (Masterson 8-5), 7:05 p.m.
Boston (Dempster 4-6) at Baltimore (Tillman 6-2), 7:05 p.m.
Kansas City (Mendoza 1-3) at Tampa Bay (Moore 8-2), 7:10 p.m.
Toronto (Buehrle 2-4) at Texas (Grimm 5-4), 8:05 p.m.
Chicago White Sox (Sale 5-4) at Houston (Bedard 1-3), 8:10 p.m.
Detroit (Porcello 3-3) at Minnesota (Diamond 4-5), 8:10 p.m.
N.Y. Yankees (Pettitte 5-3) at L.A. Angels (Wilson 4-5), 10:05 p.m.
Seattle (Saunders 4-6) at Oakland (Milone 6-5), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	39	27	.591	—
Washington	33	32	.508	5½
Philadelphia	31	35	.470	8
New York	24	37	.393	12½
Miami	19	46	.292	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	43	23	.652	—
Pittsburgh	39	26	.600	3½
Cincinnati	40	27	.597	3½
Milwaukee	27	38	.415	15½
Chicago	26	38	.406	16

WEST DIVISION

	W	L	Pct	GB
Arizona	37	29	.561	—
Colorado	35	32	.522	2½
San Francisco	33	31	.516	3
San Diego	32	34	.485	5
Los Angeles	28	37	.431	8½

Thursday's results
St. Louis 2 N.Y. Mets 1
Chicago Cubs 6 Cincinnati 5 (14)
Washington 5 Colorado 4
San Francisco at Pittsburgh
Wednesday's results
Cincinnati 2 Chicago Cubs 1
San Diego 5 Atlanta 3
Pittsburgh 12 San Francisco 8
N.Y. Mets 5 St. Louis 1
Milwaukee 10 Miami 1
Washington 5 Colorado 1
Arizona 8 L.A. Dodgers 6 (12)
Friday's games
All times Eastern
L.A. Dodgers (Fife 1-1) at Pittsburgh (Locke 5-1), 7:05 p.m.
Chicago Cubs (Jackson 2-8) at N.Y. Mets (Marcum 0-7), 7:10 p.m.
St. Louis (Westbrook 2-1) at Miami (Fernandez 3-3), 7:10 p.m.
Milwaukee (Lohse 2-6) at Cincinnati (Arroyo 6-5), 7:10 p.m.
San Francisco (Bumgarner 5-4) at Atlanta (Medlen 3-6), 7:30 p.m.
Philadelphia (Kendrick 6-4) at Colorado (Nicasio 4-2), 8:40 p.m.
Arizona (Cahill 3-7) at San Diego (Stults 5-5), 10:10 p.m.

Bruins not fazed by 3OT loss

Stanley Cup final.
Boston drawing from 2011 playoff experience

Boston coach Claude Julien isn't worried because the Bruins have been here before.

Even after a triple-overtime loss to Chicago in Game 1 of the Stanley Cup final that would demoralize the most veteran of groups, the Bruins are calm and confident.

"We've been through a lot," Julien said. "You can chalk that down to experience of having been through a lot, the ups and downs. So we don't get rattled anymore. We know what we can do."

Julien recalled trailing the Vancouver Canucks 2-1 in the 2011 final before coming back to win in seven. He also pointed out that the Bruins lost the first two games to the Montreal Canadiens at home in the first round two years ago.

"I think you've had experience in the past when we've been down two games and bounced back," centre Chris Kelly said. "Being here before and knowing what to expect is definitely beneficial."

So climbing out of a hole is nothing new for Boston, which still has most of its team intact but might have to play Game 2 on Saturday without right-winger Nathan Horton, who left Wednesday night with an apparent upper-body injury.

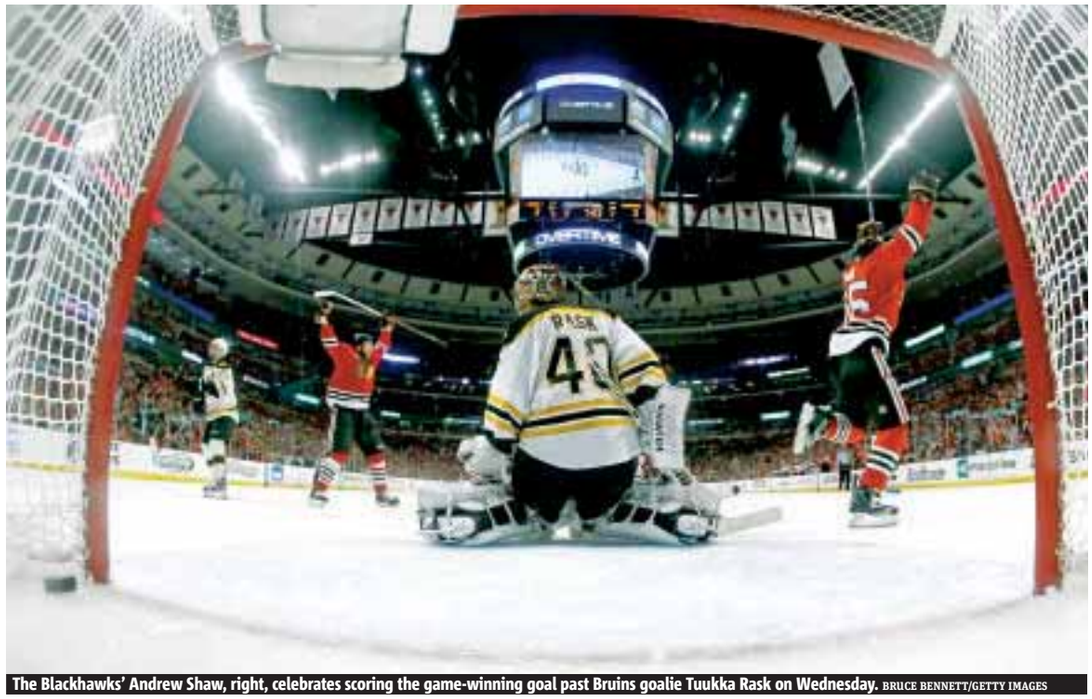
With or without Horton, the Bruins have plenty of leaders who know the drill.

"Vancouver it was everybody's kind (of) first time around, right?" defenceman Andrew Ference said. "So you lose those couple games (it's) maybe a heavier feeling than it is this morning amongst the group because guys are probably a little bit better at turning the page." THE CANADIAN PRESS

Anyone's game

"We could be sitting here today up 1-0 as much as we are down 1-0."

Bruins coach Claude Julien brushed off Game 1's winning goal as a "hockey play."



The Blackhawks' Andrew Shaw, right, celebrates scoring the game-winning goal past Bruins goalie Tuukka Rask on Wednesday. BRUCE BENNETT/GETTY IMAGES

A soccer shame

Quebec turban ban hits home for youth teams

The isolation of Quebec's soccer community begins this weekend.

Hundreds of Ontarians are pulling out of a weekend tournament in Montreal, the mass shunning prompted by a political dispute over Quebec soccer's ban on turbans.

The Montreal host association has confirmed that 20 Ontario youth teams are not being allowed to come to play. An official with the Lac St-Louis Regional Soccer Association said about 170 teams, mostly from the Montreal area, were invited to take part in the weekend tournament.

Director-General Edouard St-Lo says Ontario teams are not being allowed to take part because they can't get travel permits from the Ontario Soccer Association.

This week, the Canadian Soccer Association suspended the Quebec Soccer Federation over its controversial turban ban.

The suspension includes prohibiting Quebec teams from participating in - or hosting - interprovincial matches and national competitions.

The dispute has attracted international news coverage and drawn in numerous politicians. It has also placed different value systems on a collision course.

The current Parti Quebecois government, critics of laissez-faire multiculturalism, are defending the right to banish certain displays of religious faith from the public space in the name of secularism.

But even within Quebec, there are small pockets of resistance to the turban ban.

In the more Anglo, more pro-Canada western tip of Montreal, there are hints that some local leagues might try to defy the anti-turban edict.

Fern da Silva, president of the Pierrefonds Soccer Association, said in an interview that he doesn't agree with the provincial order.

About 2,500 children - including about a dozen who wear turbans - play in the soccer group in the northwest section of the city.

THE CANADIAN PRESS

Lefty takes the long way to U.S. Open lead

Golf. Mickelson tops field with 3-under 67 in rain-delayed first round

Even for Phil Mickelson, his path to the top of the leaderboard Thursday in the U.S. Open was unconventional.

He travelled about 2,400 miles in the air and 7,000 yards on the ground. He took a short nap on his private jet from San Diego and another one during a rain delay when he found a secluded corner of the library room in the Merion clubhouse. He carried five wedges but no driver.

Some 17 hours later, Mickelson had a 3-under 67 to match his best opening round in the U.S. Open.

Mickelson returned from his daughter's eighth-grade graduation about 3 1/2 hours before his tee time. He three-putted his first hole for a bogey and didn't give back a shot the rest of the day at Merion.

Because of two rain delays, the first round won't be completed until Friday morning. Mickelson won't have to tee it up again for another 24 hours.

Tiger Woods faced a tougher road. He appeared to hurt his left hand after trying to gouge out of the deep rough on the opening hole. The problem persisted on the 10th and 11th holes and he was 2-over when play was stopped for the day.

Luke Donald was 4-under through 13 holes, making one last birdie before leaving the course.

Masters champion Adam Scott, playing with Woods and Rory McIlroy, was 3-under through 11 holes, while defending U.S. Open champion Webb Simpson was 2-under through eight holes. McIlroy was 1-under. THE ASSOCIATED PRESS

Phil Mickelson reacts to his birdie on the seventh hole during the first round of the 113th U.S. Open in Ardmore, Pa. SCOTT HALLERAN/GETTY IMAGES

THE BEST PRICES AND BEST SERVICE
IN THE HEART OF WINNIPEG
2013 FORD FUSION SE
2.5L engine, AT, AC/SYNC/My Ford Touch, heated seats, power group & more.
$22,488** MSRP WAS $27,699 39 HWY MPG
FORD F-150 XLT CREW
5.0L power group, ABS, AC, SYNC, stereo & more.
$28,335* MSRP WAS $42,699
ASK ABOUT OUR LOYALTY PROGRAM!
2013 FORD FOCUS SE
2.0L, AT, AC, heated seats, power group, ABS & more.
$19,488** 38MPG highway* and get 0% finance or lease
FUSION vs. CAMRY head to head at LANDAU FORD June 18th-22nd
LANDAU FORD • LINCOLN
204-772-2411 555 EMPRESS STREET
www.landauford.ca
SMALL PRINT YOU CAN ACTUALLY READ ! *Prices are plus freight and applicable taxes and fee **Price is plus applicable taxes and fee and includes extended term finance credit. ^Transport Canada Energuide rating

Not exactly a new Kidd on the block

NBA. Former all-star point guard Jason Kidd is back with the Nets, but this time as coach

Meet the new guy, Jason Kidd.

Less than two weeks after ending his long, all-star career, Kidd acknowledged he has "a lot to learn about coaching" Thursday as he took the Brooklyn Nets job despite having no experience leading a team from the bench.

Now a point guard who was all about assists in his 19 years on the court will be looking for a little help.

"Nervous," the 40-year-old Kidd said when asked how he felt. "I'm a rookie. I go from being one of the oldest players in the league to now a rookie coach. I'm very excited about this challenge. We have a special opportunity to achieve a championship-calibre team."

Brooklyn Nets' new head coach Jason Kidd smiles as he is introduced on Thursday. THE ASSOCIATED PRESS

Kidd retired earlier this month after one season with the New York Knicks, and the Nets decided to hire him to replace P.J. Carlesimo — a move that comes with some obvious risks since Kidd has never been a head coach.

Kidd is rejoining a franchise he led to consecutive NBA Finals appearances in 2002-03 when they played in New Jersey. He spent 6 1/2 seasons with the Nets, averaging 14.6 points, 9.1 assists and 7.2 rebounds, and is their career leader in numerous statistical categories.

He is second on the NBA's career list in assists and steals, won an NBA title with Dallas and has two Olympic gold medals.

Terms of the deal that made Kidd the 18th coach in franchise history were not disclosed.

Kidd also has a court date next month on Long Island stemming from a drunken-driving arrest last year. He has pleaded not guilty to misdemeanour DWI and is due in Southampton Town Court on July 11, according to the Suffolk County prosecutors' office.

THE ASSOCIATED PRESS

Hangin' 10 for The Sandman

Mariano Rivera of the New York Yankees is presented with a surfboard, a bottle of wine and a cheque for his charitable foundation for disadvantaged children by Athletics team president Michael Crowley before his final regular season game against Oakland on June 13. The Athletics beat the Yankees 3-2 in 18 innings. ERZA SHAW/GETTY IMAGES

MLB

Encarnacion leads Jays past Rangers

Edwin Encarnacion hit a tiebreaking two-run double in the eighth inning and the Toronto Blue Jays beat the Texas Rangers 3-1 on Thursday night.

The slumping Rangers wasted another solid outing by Yu Darvish, who has made five consecutive starts without a victory.

Neal Cotts (2-1) replaced Darvish to start the eighth, when Emilio Bonifacio reached on a throwing error by Gold Glove third baseman Adrian Beltre. Munenori Kawasaki had a sacrifice bunt before Tanner Scheppers, the second reliever, walked Jose Bautista before the double by Encarnacion.

Esmil Rogers (2-2) allowed one run over seven innings, the same as Darvish, who struck out nine. Darvish has a 2.08 ERA over 34 2/3 innings his last five starts.

Nelson Cruz homered for the Rangers, who have lost three in a row.

THE ASSOCIATED PRESS

GET IN ON THE "AUCTION"
BUYING A VEHICLE AT ADESA IS EASIER THAN YOU THINK!
BUY WITH CONFIENDENCE: WARRANTY AVAILABLE.
VEHICLES FOR EVERY BUDGET AND USE.
BUYERS
Cars, Trucks, Boats, RVs, Heavy Equipment, and much more!
Repos, Government Vehicles, Lease Returns, Charitable
Organizations, and Public/Estate Consignment.
This month includes 65+
vehicles & equipment from:
Manitoba Hydro
ADESA
PUBLIC AUCTIONS
SELLERS
SELLING YOUR VEHICLES AT OUR AUCTION
IS EASIER THAN YOU THINK!
Guaranteed offer in 7 days or less.
No strangers calling or visiting your home.
Professional Service – We do all the work.
Guaranteed funds, same day payments.
TUESDAY, JUNE 18 (6:15 pm)
VIEWING STARTS AT 1 PM
204-631-3850
www.adesapublicauctions.ca

Horoscopes

♈ Aries
March 21 - April 20
Good things are sure to come your way today but exactly what kind of good things remains to be seen. You may well benefit from something you hear, maybe when you should not have been listening.

♉ Taurus
April 21 - May 21
Anyone who tries to make you feel you have done something wrong is not a friend and best avoided. Your mood is positive, so it's unlikely you will be too fazed.

♊ Gemini
May 22 - June 21
You will sail through what has to be done today. You will find ways to overcome obstacles placed in your path. Gemini is one of the more adaptable signs of the zodiac, and that works in your favour.

♋ Cancer
June 22 - July 23
You have much to think about today and you need to make sure you are not interrupted by people whose problems are, to your mind at least, rather trivial. Find a quiet corner where you can think in peace.

♌ Leo
July 24 - Aug. 23
What appeared so difficult yesterday will suddenly be the easiest thing. Chances are it wasn't actually that difficult at all. You were just in an unnecessarily negative frame of mind.

♍ Virgo
Aug. 24 - Sept. 23
Stop worrying what others might think and do what you feel is right. Sometimes you can be a bit too analytical for your own good, so switch and let your heart guide you.

♎ Libra
Sept. 24 - Oct. 23
You may have to tell someone that you cannot deliver on what you promised. Chances are they won't mind in the slightest. It seems like they didn't want you to do it.

♏ Scorpio
Oct. 24 - Nov. 22
The solution to a problem is simplicity but you are unlikely to see it if you are so convinced there has been an injustice. Calm down, it's really not that important.

♐ Sagittarius
Nov. 23 - Dec. 21
Stop panicking and trust your instincts. If you listen to the small voice inside your head you will find a way out of your dilemma. It's amazing what a bit of perspective can do.

♑ Capricorn
Dec. 22 - Jan. 20
People you work with may do things you don't approve of today but in the greater scheme of things it's no big deal. By all means laugh when they discover they've made fools of themselves.

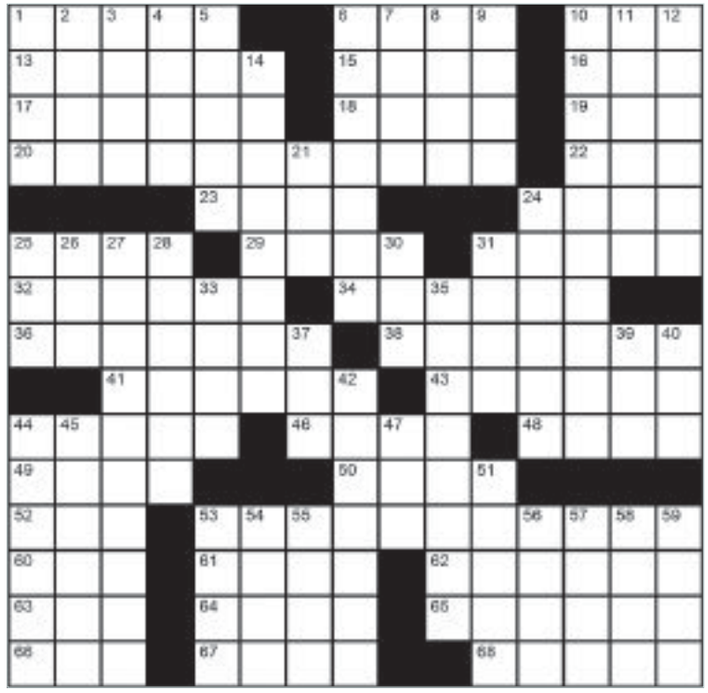
♒ Aquarius
Jan. 21 - Feb. 19
With both Mars and Jupiter moving through the most dynamic area of your chart, you are full of confidence and eager to show what you can do. So, what can you do? Absolutely anything you like.

♓ Pisces
Feb. 20 - March 20
What happens today will encourage you to believe that the good days are on their way back but that is not an invitation to do something stupid. Keep your goal in mind at all times, and keep moving towards it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

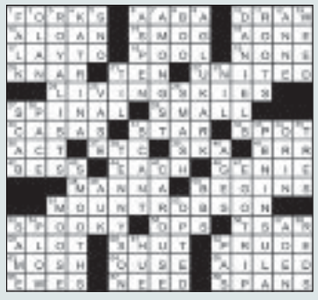
BY KELLY ANN BUCHANAN



Across
1. "Man of __" (2013)
6. Up to it
10. __ alai
13. Column
15. Rosary piece
16. Bear: Spanish
17. "I think that's _ __ too light." (Paint chooser's comment, perhaps)
18. __-Flush
19. Halt
20. Newspaper for Metropolis: 2 wds.
22. Kind of whale
23. Flower pot stuff
24. "Star Trek II: The Wrath of __" (1982)
25. Last letters
29. Rivers: Spanish
31. Finger holes instrument
32. Morning meal
34. Some trees
36. Slanders
38. Superman's home planet
41. Toughens
43. Restaurant
44. Slopes or tilted positions
46. Fashion designer Mr. Jacobs
48. "...there __ __ square."
49. Mr. Onassis, et al.
50. "I'm tired!"
52. Dalmatian's doc
53. The English, in Quebec
60. "Take __, _ insist."
61. Salami shop
62. Capital of Albania
63. Toilet, British-style
64. Full moon, some say
65. Position
66. Mr. Chaney Jr.
67. Tune
68. Someone __ (Not mine)

Down
1. WWI fighter plane
2. "'__ _ lovely play." ...said the Shakespeare fan
3. School grades K-12, for short
4. Airline of Israel: 2 wds.
5. PEI's provincial flower, __ Slipper
6. Biblical son of King David
7. Lima __
8. Lois __ (Character in #1-Across)
9. Change
10. Superman creators, Jerry Siegel ...and this Toronto-born cartoonist: 2 wds.
11. Equally spic-and-span: 2 wds.
12. Medicine cabinet stuff for wounds
14. Clark Kent's job
21. Gladiator's 52
24. Compulsive thief, in slang
25. General __ (Villain in #1-Across)
26. Scot's uncle
27. Canadian game show Jim Perry hosted
28. Inclines
30. Cinch__ (Hefty garbage bag)
31. "Go __ _ kite!"
33. Australian birds
35. Rules of conduct
37. Academic year div.
39. Ball shape
40. 'The Science Guy', Bill __
42. Young tree
44. Henry __, star of #1-Across
45. Retort to "Am not!": 2 wds.
47. Greek†alphabet letter
51. Editor-in-Chief of #20-Across, Perry __
53. Big fusses
54. Captain __ (Character created by writer Jules Verne)
55. Oakville, ON: __ Abbey Golf Club
56. __-B (Toothbrush brand)
57. Grannies
58. 'Exist' suffix
59. Convenient mailing encls.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		9				8		1
	2		1		9		7	
5								9
		2	3		7	1		
	6						4	
		5	6		4	3		
1								2
	3		4		5		1	
8		4				6		3

Yesterday's Sudoku

3	8	2	1	6	7	4	5	9
7	6	5	9	4	3	1	2	8
1	4	9	8	5	2	3	6	7
2	1	4	7	3	6	9	8	5
5	3	6	4	8	9	7	1	2
8	9	7	2	1	5	6	4	3
4	2	8	3	7	1	5	9	6
6	7	1	5	9	8	2	3	4
9	5	3	6	2	4	8	7	1

Weather

TODAY	SATURDAY	SUNDAY
MAX: 24° MIN: 14°	MAX: 22° MIN: 14°	MAX: 20° MIN: 12°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

THE 2013 SUBARU IMPREZA

Meet the car that defines the term compact sedan. And then redefines it.

SUBARU
Confidence in Motion

With 240 litres of cargo room, IIHS top safety ratings, and symmetrical full-time All-Wheel Drive, the Impreza redefines the compact sedan. In fact, it creates its own new category.

Staying Connected

Bluetooth® mobile phone connectivity is standard on all Impreza models. All models also have a MediaHub with Bluetooth® streaming audio, allowing connection to an iPod® or USB.

SUBARU BOXER Engine

2.0L, horizontally opposed 4-cylinder engine producing 148 hp; choice of manual or optional Lineartronic® CVT automatic transmission.

2013 IIHS TOP SAFETY PICK

FUEL EFFICIENT† 5.5 L/100 KM HWY

2013 IMPREZA
WELL EQUIPPED FROM **$19,995***

SYMMETRICAL AWD
AVAILABLE AS A 4-DOOR SEDAN OR 5-DOOR HATCHBACK

subaru.ca

†Fuel consumption figure rating posted by Natural Resources Canada of 5.5 L/100 km (highway) for a 2013 Subaru Impreza equipped with continuously variable automatic transmission and a 55 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. ▲Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *MSRP of $19,995 on 2013 Impreza 2.0i 4-door (DF1 BP). MSRP excludes Freight & PDI of $1,595. Taxes, license, registration and insurance are extra. $0 security deposit. Model shown is 2013 Impreza 2.0i Limited Package (DF1 LP) with an MSRP of $26,895. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.

FRONTIER SUBARU

2537 PEMBINA HWY.
204-944-6604
frontier.subarudealer.ca

Royal Canadian Golf Association
GOLF fore the CURE
Presented by SUBARU
JULY 8, 2013

BIG SAVINGS FROM SUBARU

2009 Subaru WRX AWD

World Rally Blue
Sporty! Fun! Affordable!
Lease return with low Kms

Stk. #92790
PRICED TO CLEAR
$22,845

2008 Acura TSX

A very rare find – local trade.
Only 45,000kms.
Warranty included.

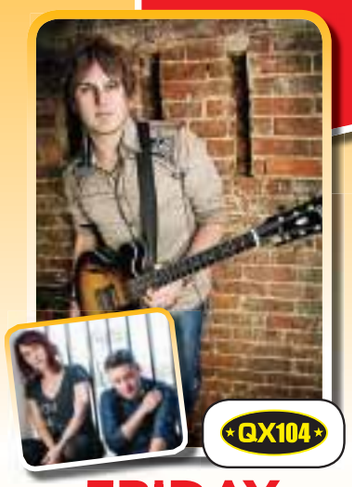
Stk. #13251a
PRICED TO CLEAR
$19,783

2009 Subaru Impreza AWD

Local lease return, MT, air, PW, PL, 63,000 kms.

Stk. #92740
PRICED TO CLEAR
$12,998

• FREE WITH GATE ADMISSION •



FRIDAY JUNE 14
Jason Blaine
with Small Town Pistols
8 p.m.

SATURDAY JUNE 15
Faber Drive
8 p.m.

SUNDAY JUNE 16
Trooper
8 p.m.

MONDAY JUNE 17
Glass Tiger
8 p.m.

TUESDAY JUNE 18
Econoline Crush
8 p.m.

WEDNESDAY JUNE 19
Alan Doyle
8 p.m.

THURSDAY JUNE 20
Classified
8 p.m.

FRIDAY JUNE 21
George Canyon
with Keith & Renee
8 p.m.

SATURDAY JUNE 22
Colin James
8 p.m.

SUNDAY JUNE 23
Toopy & Binoo
2 p.m. & 4 p.m.

Experience us again

June 14 to 23, 2013 ***STARTS TODAY!***

Get your tickets at redriverex.com, Sobeys or Mac's Convenience Stores

redriverex.com

THE Ex